

BEANS

tasty, filling, protein



How to Soak and Cook Dry Beans

TIP: ½ cup dry = 1 cup cooked



Note: Canned beans are already cooked. Just drain, rinse, & use!

1. Soak Your Beans

TRADITIONAL SOAK: Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

OR

QUICK SOAK: Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

2. Combine 1 cup beans with 2 cups water and bring to a boil.

💧 For every cup of beans, use 2 cups of water.

3. Simmer on low for 1-2 hours. Note that larger beans (Lima or fava) may take longer to cook.

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