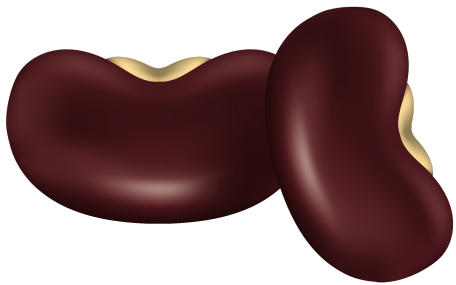


HOW TO COOK DRIED BEANS



Fuel Your Family

STEP 1: SORT BEANS



Spread dried beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse.

STEP 2: SOAK BEANS

Place rinsed beans in a large pot & cover with 3 cups of water for every 1 cup of beans. Bring beans to a boil for 2-3 min., remove from heat & let stand covered for 1-4 hrs **OR** soak beans overnight. Rinse.



STEP 3: COOK

Cover beans with fresh cold water & bring to a boil. Reduce heat and simmer. See cook times below.

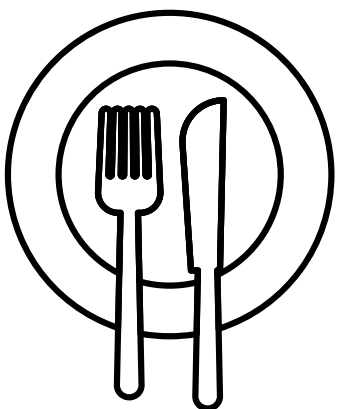
BEAN COOK TIMES

2 hr Cook Time: black, great northern, kidney, navy, small white, & pinto beans

3 hr Cook Time: garbanzo (chickpeas) & red beans



STEP 4: ENJOY!



Add your favorite seasonings or vegetables to make it your own!

Enjoy beans on their own or add to your favorite dishes!

Source: <https://spendsmart.extension.iastate.edu/recipe/preparing-dry-beans/>

K-STATE
Research and Extension

Douglas County



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Putting Healthy Food
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