How to cook dried beans without soaking them

- Wash and pick over dried beans.
- Place beans in a pot and add enough water to cover the beans by at least 2 inches.
- Bring the water to a boil, then reduce the heat and simmer until the beans are tender (~90 minutes, though cooking times vary depending on the type of bean). Stir every 10 minutes. Add more water as needed.
- Once cooked, beans will keep in the fridge for up to four days and can be frozen for months.