

# Cooking with Dried Beans

**Dried beans are a great pantry item to keep well stocked so you always have protein on hand. Cooking dried beans requires a little more planning than canned beans, but will be great for your budget.**

There are many ways to make dried beans, including soaking or not, deciding when to add salt, and more. Here are some ways we like to cook ours! Since cooking time depends on the age of your beans and whether or not you soaked them, there's just no way of providing specific cook times when it comes to beans. In general:

- **Small beans** (black beans, black-eyed peas, navy beans): 45 to 90 minutes
- **Medium beans** (Great Northern, kidney, pinto, garbanzo beans): 60 to 120 minutes
- **Large beans** (large lima, cannellini, butter beans): 80 to 180 minutes

## Soaking dried beans overnight

- Measure the amount of beans to cook (beans will roughly double in size after cooking – so if you need 4 cups of beans measure 2 cups of dried beans to prepare). Wash and pick over beans.
- Place dry beans in a large bowl and fill with water to at least 3 inches above the beans.
- Cover and let soak 8 hours or overnight.
- Drain the beans, put them in a pot, and add 2 to 3 cups water for every cup of beans.
- Bring the water to a boil, then reduce the heat and simmer until the beans are tender (~1 hour, though cooking times vary depending on the type of bean). Stir every 10 minutes. Add more water as needed.

## 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.



***More info at [www.solid-ground.org/dried-black-beans-recipe-cooking-demo](http://www.solid-ground.org/dried-black-beans-recipe-cooking-demo).***

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**WEB: [solid-ground.org/get-help/food-resources](http://solid-ground.org/get-help/food-resources)**

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