

Cooking with Dried Beans

Dried beans are a great item to keep well stocked in your pantry so you always have protein on hand. Cooking dried beans takes a little more planning than canned beans – but it's a great money saver!

There are many ways to make dried beans. You can soak them ahead of time (or not), decide when to add salt, and more. Here are some ways we like to cook ours! When it comes to beans, it's hard to give specific cooking times since it depends on the age of your beans and whether or not you soaked them first. So in general...

Approximate cooking times

- **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 roughly double in size after cooking – so if you need 4 cups of beans, measure 2 cups of dried beans to prepare.)
- Rinse and pick through beans, looking for small stones.
- 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

- Rinse and pick through beans, looking for small stones.
- 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 (~90-180 minutes 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 4 days and can be frozen for months.

MORE INFO: www.solid-ground.org/dried-black-beans-recipe-cooking-demo

