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How to use Dry Beans

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What are the benefits of eating dry beans?

Beans are great sources of:

protein, fiber, iron, zinc, potassium, and folate.

Dry beans have less sodium than canned beans.

Dry beans are versatile and can be used in many different ways.



Source: www.myplate.gov

How do I prepare dry beans?

Sort: First, look the beans over and remove any damaged beans, small stones, or dirt.

Soak: Use a large pot because most beans triple their size after soaking. Choose one of the following ways to soak your beans:

Hot Soak: For each pound of dry beans (~ 2 cups), add 10 cups of hot water. Heat to boiling and let boil for 2 to 3 minutes. Remove from heat, cover, and set aside for up to 4 hours. Hot soaking may help reduce intestinal gas.

Quick Soak: For each pound of dry beans (~ 2 cups), add 10 cups of hot water. Heat to boiling and let boil for 2 to 3 minutes. Remove from heat, cover, and set aside for at least 1 hour.

Overnight Soak: For each pound of dry beans (~2 cups), add 10 cups of cold water and let soak overnight or at least 8 hours.

Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1 ½ to 2 hours, until tender.

Adapted from food.unl.edu



Tips for Cooking Dry Beans

- * Boil gently and stir very little to avoid broken or mushy beans.
- * While cooking, taste-test the beans to check their tenderness.

If using tomatoes, chili sauce, lemon juice, or vinegar when cooking your beans, consider adding them last. These ingredients can increase the cooking time of beans.

What are the types of dry beans?

Pinto beans	Black beans
Kidney beans	Navy beans
Black-eyed peas	Lentils
Garbanzo (Chickpeas)	Split green peas

Beans, peas, and lentils belong to a group called "pulses."

Lentils are classified according to their color (brown, black, red or green).

Did you know?

½ cup of cooked beans counts as ½ cup vegetables OR as 2 ounces protein.

*Add beans to your salad

*Make chickpeas into hummus

*Make soup from split peas

*Use a variety of beans in chili (or soup)



Corn and Bean Medley – serves 4

Ingredients:

¼ cup onion (chopped)
1 cup corn (canned, whole-kernel)
¾ cup kidney beans (dry, cooked)
¾ teaspoon chili powder
Hot pepper flakes (1/4 teaspoon, optional)



Directions:

Drain the canned corn, but reserve the liquid from the can.

Heat 3 tablespoons of liquid from canned corn in saucepan.

Cook onion in liquid until soft, about 2 minutes.

Add corn, kidney beans, chili powder, and hot red pepper flakes to onion mixture.

Cook over low heat for about 10 minutes.

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/corn-and-bean-medley>

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