

HOW TO COOK DRY BEANS



*Quick Soak Method



1. Pick through beans and discard as needed.
2. Rinse and soak beans. Beans will double in size.
3. Soak beans using one of the methods. *
4. Boil for 2 to 3 minutes.
5. Remove from heat, cover and soak for at least 1 hour.
6. After soaking, drain the water and rinse the beans again.
7. Cook the beans according to the recipe.
8. Enjoy!

- Hot soak – 10 cups water per 2 cups beans, boil for 2-3 minutes, remove, cover and soak for up to 4 hours.
- Quick soak – 6 cups of water per 2 cups beans, boil for 2-3 minutes, remove, cover and soak for at least 1 hour.
- Overnight soak – 10 cups water per 2 cups beans, cover and refrigerate 8 hours.
- Note: Lentils, split peas, and black-eyed peas do not need to be soaked.