



# DRIED BEANS

## PROCEDURE: OVERNIGHT STOVETOP



### INGREDIENTS

- Beans
- Water
- Salt/Pepper
- Seasonings
- Aromatics
  - Onion
  - Garlic cloves
  - Herbs

### DESCRIPTION

Cooking dried beans might require a bit more effort than heating up a can, but it is 100% worth the effort.

Boiling the beans with flavorings will give them a boost. Use in any recipe that calls for beans like tacos or burritos, casseroles or just eat them as a side on their own — mashed or whole!

1 lb. dried beans = about 6 cups of cooked beans

### 01

The day before you plan to cook your beans, rinse them and check for stones and debris. Place them in a very large bowl or pot and add enough water to cover by at least 4 inches. The beans will absorb the water so make sure to add enough. Cover and let sit for at least 6 hours but preferably over night. If you forget or can't soak overnight, check out the Quick-Soak Method below (page 2).

### 02

Drain beans from their soaking liquid and give them a quick rinse. Add them to a large pot and cover with another 4 inches of fresh water. The beans will absorb even more liquid this time so be sure to add enough. With your water, add any aromatics that you like (a halved and peeled onion, garlic cloves, fresh herbs, and 2 dried bay leaves). This adds a lot of flavor to your beans. Don't add salt at this stage! Salt tends to break down the skins and can turn your beans mushy.

**03** Bring beans and water to a boil, then reduce heat and simmer, covered, for about an hour. Give an occasional stir and start checking them at around 45 minutes by tasting — keep cooking until they are completely tender. Add more water if necessary while cooking so that they stay completely covered.

**04** When your beans are tender, remove the aromatics and drain. Now you can season with salt, pepper, and any other seasonings you prefer. They are ready to use in a recipe or eat!



# DRIED BEANS

## PROCEDURE: QUICK-SOAK STOVETOP



### INGREDIENTS

- Beans
- Water
- Salt/Pepper
- Seasonings
- Aromatics
  - Onion
  - Garlic cloves
  - Herbs

### DESCRIPTION

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Boiling the beans with flavorings will give them a boost. Use in any recipe that calls for beans like tacos or burritos, casseroles or just eat them as a side on their own — mashed or whole!

1 lb. dried beans = about 6 cups of cooked beans

**01**

Rinse the beans and check for stones and debris. Transfer to a large pot and cover with 2 inches of water. Bring to a rolling boil and cook for 1 minute. Remove pan from heat, cover, and let beans soak for 1 hour.

**02**

Drain beans and return to pot. Cover with 4 inches of fresh water and add a halved onion, garlic, and bay leaves. Bring to a boil and cook for 10 minutes, then reduce heat to low. Cover the beans and lightly simmer until tender, 1-2 hours depending on the size and age of the beans. Stir occasionally and add more water if necessary. When beans are tender, remove aromatics and then season to taste with salt and pepper



# DRIED BEANS

*Although the microwave can't cook dried beans instantly, it does beat conventional cooking time by about 50%.*

## PROCEDURE: MICROWAVE



### INGREDIENTS

- Beans
- Water
- Salt/Pepper
- Seasonings
- Butter (optional)
- Oil (optional)

### BASIC METHOD

- The day before, rinse beans and then soak overnight in 1 quart cold water. Do not drain.
- Combine beans, soaking water and drippings in 4-5 quart casserole. Cover with tight-fitting lid and microwave on HIGH 7-10 minutes until boiling.
- Stir, cover and microwave on MEDIUM 35-50 minutes, stirring gently every 15 minutes until beans are tender.
- Drain beans. Season beans to taste.
- Enjoy!

**01**

To avoid boil over, always use a casserole at least twice the volume of the ingredients put into it. Add a tablespoon of meat drippings, margarine, butter or oil, to keep beans from bubbling over.

**02**

Always cover beans with a tight lid to keep them from cooking dry — not plastic food wrap, which will split during long cooking.

**03**

Never salt beans until after they're cooked; it can toughen them.

**04**

Never try to hurry the beans along! By keeping the power on HIGH (100%) the entire time, you'll merely toughen and dry them. Once the bean liquid has come to a boil, reduce the power to MEDIUM (50%) for the duration

of cooking so the beans will absorb the liquid slowly and soften.

**05**

Make sure the beans are tender before you take them from the microwave. Although they'll continue to absorb liquid as they stand, they won't become any more tender. If beans aren't tender at the end of the recommended cooking time, continue to microwave in 5-minute increments, stirring after each.