

Cooking Dried Beans

Step	What to do	Directions
1	Sort	Pick beans over, removing any damaged beans, small stones or dirt.
2	Soak	<p>Options:</p> <p><u>Hot Soak</u>: Add 10 cups water for each pound (2 cups) of dry Beans; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.</p> <p><u>Quick Soak</u>: Add 10 cups hot water for each pound (2 cups) of dry beans; boil for 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.</p> <p><u>Overnight Soak</u>: Add 10 cups water for each pound (2 cups) dry beans and let soak overnight (or at least 8 hours).</p> <p>Beans expand up to three times their size when dry, so be sure to use a large enough pot!</p>
3	Cook	<p><u>Conventional method (Pot over stove):</u></p> <p>Drain soaking water and rinse off beans. Put in cooking pot and cover beans with fresh water. Simmer for 1 1/2 -2 hours or until tender.</p> <p><u>Slow Cooker method:</u></p> <p>Drain soaking water and rinse off beans. Put in slow cooker and cover beans with fresh water. For a slow cooker, the ratio of beans to water is 3 cups of water to 1 cup of beans. Cook beans 2-3 hours on high, making sure they are covered with water. When the beans are tender; turn the setting to low and let cook for an additional 6-8 hours.</p>
4	Use in recipe	Beans will now be ready for use in your favorite bean recipe.