

Bean Cuisine 101:

How to Prepare Dried Beans

Beans more than double in size during the soaking/cooking process so be sure to not overfill your pot.

While soaking dried beans prior to cooking is not necessary, it does reduce the cooking time.

When cooking dried beans, be sure to use enough liquid to cover with 2-3 inches of liquid on top. Don't add salt or acidic ingredients (vinegar, citrus) until the end of cooking because it will lengthen cooking times and cause the beans to be grainy and tough.

Preparing Beans

Thoroughly rinse and drain dried beans.

Discard any damaged beans or foreign particles like rocks or pebbles.

Soaking Beans

For every cup of beans, add 3 cups of liquid for soaking and/or cooking. To aid in digestion of beans, discard soaking water before cooking.

If you have time to pre-soak dried beans, choose one of the following methods:

- **Traditional Overnight Soak:**

1. Place beans in a large bowl and cover with water.
2. Soak beans for 8-12 hours.
3. Drain beans, discard water, and rinse with fresh water.

- **Hot Soak:**

1. Place beans in a large pot on the stove and cover with water.
2. Heat to boiling and boil for 2-3 minutes.
3. Remove from heat and cover pot.
4. Let soak for 1-4 hours.
5. Drain beans, discard water, and rinse with fresh water.

- **Quick Soak:**

1. Place beans in a large pot and cover with water.
2. Heat to boiling and boil for 2-3 minutes.
3. Drain beans, discard water, and rinse with fresh water.

Split peas, black-eyed peas and lentils do not need to be soaked prior to cooking

Cooking Beans

Cooking times will vary based on the type, quality and age of the beans.

Check beans periodically for doneness (can be easily mashed).

Refer to suggested cooking times below or follow package directions.

- **Pre-Soaked Beans:**

1. Drain and rinse beans well and add fresh water to pot.
2. Bring beans to a boil and lower heat.
3. Let beans simmer until tender.

If you forgot to soak the beans or decided last minute to add it to your meal, no problem! Try one of these methods- no pre-soaking required.

- **Slow Cooker:**

1. Add 3 cups of water for every 1 cup of dried beans, or enough to cover beans with an extra 2-3 inches of water.
2. Cook on LOW for 6-8 hours or HIGH for 3-4 hours.

- **Pressure Cooker:**

1. Add 3 cups of water for every 1 cup of dried beans.
 - Beans more than double in size during cooking. To avoid overflow, do not fill pot more than halfway full.
2. Add 1-2 tablespoons of oil.
 - Oil reduces foaming and the possibility of clogging the pressure valve.
3. Securely close lid and turn heat to medium. By not bringing the pressure cooker to pressure at high heat, it reduces the chance of the beans splitting and skin coming off.
4. Once pressure cooker has reached pressure, lower heat to maintain pressure and start timing.
5. When time is up, quick-release the pressure cooker under cold running water to avoid foaming or sputtering at the vent. This will bring the pressure down quickly.
6. If beans are not done, simmer with lid off until tender.

Suggested Cooking Times

Please note that suggested cooking times are approximate. The type, quality, and age of beans and other factors affect cooking time. Refer to package directions and periodically check beans for doneness.

BEANS (1 cup dry)	SOAKED, cooking time in saucepan	SOAKED, cooking time in pressure cooker	UNSOAKED, cooking time in pressure cooker	COOKED YIELD
Black Beans	1 to 1 ½ hours	9 to 11 minutes	20 to 25 minutes	2 cups
Black-Eyed Peas	1 to 1 ½ hours (DO NOT PRE-SOAK)	NOT Recommended	9 to 11 minutes	2 ¼ cups
Garbanzo Beans (Chick Peas)	1 to 1 ½ hours	10 to 12 minutes	30 to 40 minutes	2 ½ cups
Great Northern	1 to 1 ½ hours	8 to 12 minutes	25 to 30 minutes	2 ¼ cups
Lentils	30 to 45 minutes (DO NOT PRE-SOAK)	NOT Recommended	7 to 10 minutes	2 cups
Lima Beans (large)	45 to 60 minutes	4 to 7 minutes	12 to 16 minutes	2 ½ cups
Lima Beans (baby)	1 hour	5 to 7 minutes	12 to 15 minutes	2 ½ cups
Navy or Small Whites	1 to 1 ½ hours	6 to 8 minutes	16 to 25 minutes	2 cups
Pinto Beans	1 to 1 ½ hours	4 to 6 minutes	22 to 25 minutes	2 ¼ cups
Red Kidney Beans	1 to 1 ½ hours	10 to 12 minutes	20 to 25 minutes	2 cups
Soybeans	3 hours	9 to 12 minutes	28 to 35 minutes	2 ¼ cups
Split peas (green)	30 to 45 minutes (DO NOT PRE-SOAK)	NOT Recommended	8 to 10 minutes	2 cups

Sources: What's Cooking America, US Dry Beans, fabFoods