

Dry Bean Basics

Storage:

Unopened dry beans can be stored in the original bag. Once the bag has been opened transfer the beans into a clean airtight container and store in a cool, dry place.

Preparation:

Most dry beans need to be soaked, which rehydrates the beans and shortens the cooking time. There are a few different methods for soaking. Smaller dry beans, such as lentils and split peas, do not need to be soaked before cooking.

Quick hot soak –

In a large pot, heat 6 cups of water to boiling. Add 2 cups (1 pound) of dry beans. Boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.

Overnight cold soak –

In a large pot, cover 2 cups of (1 pound) of dry beans with 6 cups of room-temperature water and allow to soak overnight (8 hours or more).

Cooking:

Drain off the water the beans were soaked in. Cover beans with fresh water. Simmer beans for 1 to 1 ½ hours until fully cooked. Two cups (1 pound) of dry beans will yield 5-6 cups of cooked beans. Refrigerated extra beans to use within the week, or freeze to use in recipes later.

For more bean tips and recipes, visit the US Dry Bean Council at www.usdrybeans.com/recipes/.



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