



Dry Beans



Step 1: Sort

Pick out and discard any foreign objects like leaves, small stones, or twigs, as well as any broken beans.

Step 2: Rinse

Rinse beans under cold running water

Step 3: Soak

Beans will triple their size, so make sure the pot is large enough.

- Hot soak: this method reduces intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.
- Quick Soak: For each pound of dry beans, add 10 cups water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
- Overnight soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.

Step 4: Cook

Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.



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