

How to Cook Dried Beans

Beans are a good source of protein, excellent source of fiber, and naturally fat, sodium and cholesterol-free.

Dried beans must be soaked and then cooked



Image: pixabay.com

First, sort one pound of beans, removing pebbles or broken pieces. Rinse in a colander with fresh water and then use one of the following soak methods:

Quick Soak Method:

1. Add beans and 6 to 8 cups water to a large pot.
2. Bring to a rapid boil and boil for 2 minutes.
3. Remove from heat and cover; let stand for 1 hour.
4. Drain beans in a colander and rinse with fresh water.

Overnight Soak Method:

1. Add beans and 6 to 8 cups water to a large pot.
2. Let beans soak at least 8 hours or overnight.
3. Drain beans in a colander and rinse with fresh water.

After soaking, use one of the following cooking methods:

Cooking Beans in a Crockpot:

1. Pour soaked beans in a crock-pot; cover with fresh water by 3 inches.
2. Cover and cook on low for 8 hours or until soft. Drain.

Cooking Beans on the Stove:

1. Pour soaked beans into a large pot; add 6 cups of hot water.
2. Bring to a simmer; cover and simmer for 90 minutes to 2 hours or until tender. Drain.

Storing Dried Beans

(source: beaninstitute.com)

Dried beans have a long storage life, which means you can always have them on hand. It's best to use beans within a year of purchase, but that's only because the longer they sit on the shelf, the longer they take to cook. They are still safe to use, and if you store beans properly, they should be good for several years in your pantry.

To keep dried beans as fresh as possible, store them in food-safe storage containers with tight-fitting lids rather than in the plastic bag you purchased them in. Store in a cool, dry place out of direct sunlight. If beans have been sitting on the shelf for more than a year, adding 1/2 teaspoon of baking soda to each pound of beans while you're cooking them can help make them softer.

Bean Yields

1 lb bag dry beans	2 cups dry beans 6 cups cooked beans
1 cup dry beans	3 cups cooked beans
1/2 cup cooked	1 serving of beans

Butternut Squash with Black Beans

Ingredients:

2 3/4 cup Butternut squash, cubed (1 small squash, about 1 pound)

1 teaspoon vegetable oil

1 onion (small, chopped)

1/4 teaspoon garlic powder

1/4 cup red wine vinegar

1/4 cup water

2 can black beans (16 ounces each, rinsed and drained)

1/2 teaspoon oregano

Directions:

1. Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
2. Carefully peel the squash with a vegetable peeler or small knife.
3. Cut the squash into 1/2 inch cubes.
4. Peel and chop the onion.
5. In a large pan, heat the oil. Add the onion, garlic powder, and squash.
6. Cook for 5 minutes on medium heat.
7. Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.
8. Add the beans and oregano. Cook until the beans are heated through.

Red Beans & Rice (Vegetarian)

Ingredients:

2 Tbsp olive oil

1 medium onion, diced

1 medium bell pepper, diced

4 stalks celery, diced

4 cloves garlic, minced

1 lb beans (soaked & rinsed)

6 cups vegetable broth

1 tsp thyme

1 tsp oregano

1 whole bay leaf

1/2 Tbsp paprika

Pinch cayenne pepper

6 cups warm, cooked rice

Salt & pepper

Directions:

1. Heat oil in a large pot; add onion, pepper, celery and garlic and cook until soft (5-7 min).
2. Add beans, broth, and seasonings, except salt and pepper. Cover and bring to a boil.
3. Reduce heat to low and simmer at least 2 hours. Stir occasionally and adjust heat if needed to continue simmer.
4. Once beans are tender, mash some against the side of the pot with a spoon (this makes the beans thicker). Add salt & pepper to taste.
5. Scoop beans into a bowl and top with warm rice.