

Dried Beans

Get the details on this nutritious, inexpensive, and versatile food

Once you have the beans there are just a few simple steps from bag to table...

Steps and tips to prepare dried beans:

1. SORT

Sort the beans, removing any pebbles or woody bits. This can be done by spreading them on a cookie sheet. Then rinse the beans in a strainer.

2. SOAK

Overnight Soak

Soak beans (not lentils or split peas) overnight in 3 to 4 times as much water as beans.

Quick-Soak Method:

Cover beans with cold water in a large saucepan, bring to a boil, and simmer for 2 minutes. Remove from the heat and let stand, tightly covered, 1 hour. Before cooking, drain and discard the soaking liquid.

3. COOK

Stove

Bring soaked beans just to a boil in water to cover generously. Reduce the heat, cover, and simmer until tender. The cooking time varies for the type of bean.

Pressure Cooker

Combine soaked beans, water, vegetable oil and seasonings in the cooker. Fill no more than half full. Follow manufacture instructions to seal the cooker. Bring to required pressure. When at required pressure, reduce the heat and start timing. Cook for time listed in chart.

Crock Pot

See Tootless Crockpot Beans recipe.

Once beans are cooked, they can be used in a recipe, refrigerated for about 4 days, or frozen for 2-3 months.

Bean Type	Soaking	Stove	Pressure Cooker
Chickpea	Overnight	1 ½ -3 hrs	15-20 min
Black	Overnight	1 hr	15-20 min
Kidney	Overnight	1-1 ½ hrs	10 min
Pinto	Overnight	1 ½ hrs	10 min
Great Northern	Overnight	45-60 min	4-5 min
Lima	Overnight	45-90 min	Not recommended
Black-Eyed Peas	Overnight	1 hr	10 min
Lentil, Red	None	20-30 min	5-7 min
Lentil, Green	None	30-45 min	6-8 min
Split Peas	None	35-40 min	Not recommended

Dried Beans	Cooked Beans Yielded
1/3 cup	1 cup
½ cup	1 ½ cups
2/3 cup	2 cups (15.5oz can)
1 cup	3 cups
2 cups (1 pound)	6 cups

Tootless Crockpot Beans

1 pound dry beans 10 cups water 2 tsp salt

1. Sort dry beans, removing any small rocks or dirt. Rinse beans.
2. In a large pot, heat water and 1 tsp salt to boiling.
3. Add beans and boil 2-3 minutes.
4. Remove from heat. Cover and let stand 4-16 hours to soak.
5. Drain, discarding soak water, rinse beans with fresh, cold water.
6. Pour beans into crockpot, cover with fresh, cold water and add 1 tsp salt. Cook on low 8-12 hours.

Nutrients In Beans

per ½ cup serving

Calories	70
Fat	0g
Dietary Fiber	7g
Protein	5g
Iron	1.8mg

Dried Beans

Get the details on this nutritious, inexpensive, and versatile food

Once you have the beans there are just a few simple steps from bag to table...

Recipes:

Minestrone Pasta

Prep: 10 minutes

Cook: 25 minutes

Makes: 8 servings

6 cups (1 pound) dried rigatoni	1 16-ounce packages frozen chopped spinach, thawed, well drained
1-2 zucchini squashes, diced (optional)	1 small can sliced olives
1 8oz can Italian-style tomato sauce	2 14.5 ounce cans Italian diced tomatoes, undrained
1 15 ounce can Great Northern beans, rinsed and drained	Italian cheeses (Parmesan, Mozzarella, Provolone), grated

1. Preheat oven to 375°F. Cook rigatoni according to package directions; drain and transfer back to pot.
2. Add tomato sauce, spinach, undrained tomatoes, and beans to the rigatoni; stir to combine. Transfer rigatoni mixture to a 3-quart (9x13 inch) rectangular baking dish.
3. Bake, covered, in the preheated oven about 25 minutes or until heated through. Uncover; sprinkle with cheese. Bake, uncovered, about 5 minutes more or until cheese melts. Makes 6 to 8 main-dish servings.

Awesome Oatmeal Cookies

Prep: 10 minutes

Cook: 10 minutes

Makes: 36 cookies

1 cup white beans, mashed	1 cup brown sugar
1/2 cup granulated sugar	1 egg
1 teaspoon vanilla	3 cups oats
1 cup whole wheat flour	1 tsp. salt
2 tsp. soda	

1. Preheat oven to 350 degrees.
2. Beat mashed white beans, brown sugar, granulated sugar, egg, and vanilla until smooth and creamy. Combine remaining ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well.
3. Drop onto greased cookie sheets and bake at 350° F for 10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.
4. Nuts, coconut, raisins, and/or chocolate chips may be added with dry ingredients.