

How to Prepare Dried Beans

- **Sort and Rinse.** Spread beans out on a clean kitchen towel or rimmed baking sheet, so you can see what's what. Remove any shriveled beans and pebbles. Rinse beans in a colander under cold running water.
- **Soak.** In a large bowl, cover beans with 2 inches of water and soak for 4-12 hours.
- **Cook.** Drain and rinse beans after soaking. In a large saucepan or pot, cover beans with fresh water by about 1 inch (about 3-4 cups of water for every 1 cup of beans). Partially cover pot, bring beans to gentle boil. Lower heat and simmer until beans are tender (about 1 ½ -2 hours, depending on the bean). Add more liquid to the pot, as needed.
- **Store.** Once beans are cooked, drained and cooled, portion into food storage bags or containers. Beans can be stored in the freezer for 9-12 months. Use as you would use cooked or canned beans.

Adapted from Whole Foods Market



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