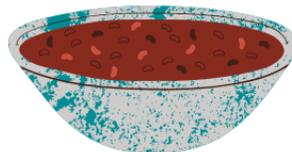


# Bean Basics



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HEALTH PROMOTION TEAM

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One cup dry beans will make about three cups cooked.

Sort dry beans to make sure there are no pebbles or other debris. Sort by pouring a handful at a time onto a plate.

Rinse beans in cold water.

Soaking beans (not required for split peas or lentils):

Soaking reduces the cooking time and reduces the "gassiness" that can occur in people who don't eat beans often.

Overnight soak: Cover beans with three times their volume of cold water in a large pot for at least 6 hours, longer for larger beans.

OR

Quick soak method: Cover beans in plenty of water in a large pot, bring to a boil, turn off heat, cover the pan, and soak for 1-2 hours.

Discard the soaking water (good for watering plants!).

Cooking beans: Cover soaked beans with fresh water and cook for 8-9 hours on low in a crock pot. Beans are recipe ready when you can easily smash them between two fingers.

Save the liquid from cooking beans to use in place of oil for sautéing vegetables or to use in soup stocks. Freeze in an ice cube tray in order to always have small quantities available.

When cooking beans, do not use salt or other acidic ingredients, like vinegar, tomatoes, or tomato juice, as this will slow the cooking process. Instead, add these ingredients when the beans are just tender.

Storing cooked beans: Store cooked beans, covered, for up to four days in your refrigerator or up to 6 months in the freezer.

Replacing home-cooked beans with canned beans: To replace 1 and 1/2 cups of home-cooked beans in any recipe, use one 15 oz. can of canned beans. To get rid of the salt in the canned beans, drain the beans, rinse them well, and drain again before using.

Source: Trapp, Caroline, editor. *Power Plate Resources & Recipes*, Physicians Committee for Responsible Medicine, Washington DC. [www.nativepowerplate.org](http://www.nativepowerplate.org)