

Traditional Soak

1. Clean and rinse beans
2. Cover with 3x as much water as beans (1 cups beans, 3 cups water)
3. Soak overnight or up to 24 hours
4. Drain, cover with water and simmer on stove for 2 hours or until tender

Crockpot

1. For each cup of dry beans bring 3 cups of water to a boil
2. Add beans
3. Simmer on stovetop for 10 minutes
4. Pour beans and hot liquid into crock pot
5. Cook on high for about 3 hours

How To Cook With Dry Beans

Hot Soak

1. Add 5 cups of water for each cup of beans
2. Boil for 2-3 minutes
3. Remove from heat, cover, and let stand for 4-16 hours
4. Do not take the lid off while cooking.

Quick Method

1. Soak beans for 1 hour and drain off soaking water
2. Rinse beans and fill pan with fresh water. Add seasonings according to recipe
3. Add 1 – 3 tsp salt
4. Bring to a boil, reduce heat, and simmer until tender approx. 10-45 minutes

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689 or visit online at <http://www.fns.usda.gov/snap/>. In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3572

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