

## **Bean Cuisine 101: How to Cook Dry Beans**

Beans more than double in size during the soaking and cooking process so be sure to not overfill your pots! Soaking dry beans is not necessary, but does reduce the cooking time. When cooking dry beans, be sure to use enough liquid to cover the beans with 1-2 inches of liquid on top. Adding 1-2 tablespoons of oil helps reduce foaming during the cooking process and when using a pressure pot prevents the valve from clogging. Do not add salt or acidic ingredients (vinegar, citrus) until the end of the cooking process; it will lengthen cooking time and cause the beans to be grainy and tough.

### **Preparing Beans**

Thoroughly rinse and drain dry beans, discarding any damaged beans or foreign particles such as rocks or pebbles.

### **Soaking Beans**

For every cup of dry beans, add 3 cups of liquid for soaking and/or cooking. To aid in the digestion of beans, discard the water they were soaked in before cooking and replace with fresh water.

**\*\*Split peas, black-eyed peas and lentils do not need to be soaked.\*\***

If you have time to pre-soak beans, choose one of the following methods:

- Traditional Overnight Soak:
  1. Place beans in a large bowl and cover with water.
  2. Soak beans for 8 hours or overnight.
  3. Drain beans, discard water, and rinse with fresh water.
  
- Hot Soak:
  1. Place beans in a large pot on the stove and cover with water.
  2. Heat to boiling and boil for 2-3 minutes.
  3. Remove from heat and cover pot.
  4. Let soak for 1-4 hours.
  5. Drain beans, discard water, and rinse with fresh water.
  
- Quick Soak
  1. Place beans in a large pot and cover with water.
  2. Heat to boiling and boil for 2-3 minutes.
  3. Drain beans, discard water, and rinse with fresh water.

## **Cooking Beans**

Cooking times will vary based on the type, quality, and age of the beans. Check beans periodically for doneness. Beans are done when they can easily be mashed. Refer to suggested cooking times below or package directions.

- Pre-soaked beans:
  - Drain and rinse beans well and add fresh water to the pot.
  - Bring beans to a boil and lower heat.
  - Let beans simmer until tender.

If you forgot to soak the beans or decided last minute to add it your meal, no problem! There are ways to cook dry beans without pre-soaking.

- Pressure Cooker:
  - Add 3 cups of water for every 1 cup of dry beans.
    - Beans more than double in size during cooking. To avoid overflow, do not fill pot more than half way full.
  - Add 1-2 tablespoons of oil.
    - Oil reduces foaming and the possibility of clogging the pressure valve.
  - Securely close lid and turn heat to medium. By not bringing the pressure cooker to pressure at high heat, it reduces the chance of the beans splitting and skin coming off.
  - Once pressure cooker has reached pressure, lower heat to maintain pressure and start timing.
  - When time is up, quick-release the pressure cooker under cold running water to avoid foaming or sputtering at the vent. This will bring the pressure down quickly.
  - If beans are not done, simmer with the lid off until tender.
- Slow Cooker:
  - Add 3 cups of water for every 1 cup of beans, or enough to cover beans with an extra 2-3 inches of water.
  - Cook on LOW for 8 hours.
  - There are tons of slow cooker recipes using dry beans as an ingredient. Add other ingredients with beans and liquid and cook. Chicken or vegetable broth can be used in place of water for more flavor.

## Suggested Cooking Times for Dry Beans

Please note that suggested cooking times are approximate. The type, quality, and age of beans affect cooking time as well as other factors. Always check package directions and check beans periodically for doneness.

Beans (1 cup dry)	Soaked, Cooking Time in Saucepan	Soaked, Cooking Time in Pressure Cooker	Dry (Unsoaked), Cooking Time in Pressure Cooker	Cooked Yield
<b>Black Beans</b>	1 to 1 ½ hours	9 to 11 minutes	20 to 25 minutes	2 cups
<b>Black-Eyed Peas</b>	1 to 1 ½ hours <b>(DO NOT SOAK)</b>	Not Recommended	9 to 11 minutes	2 ¼ cups
<b>Garbanzo Beans (Chick Peas)</b>	1 to 1 ½ hours	10 to 12 minutes	30 to 40 minutes	2 ½ cups
<b>Great Northern</b>	1 to 1 ½ hours	8 to 12 minutes	25 to 30 minutes	2 ¼ cups
<b>Lentils</b>	30 to 45 minutes <b>(DO NOT SOAK)</b>	Not Recommended	7 to 10 minutes	2 cups
<b>Lima Beans, large</b>	45 to 60 minutes	4 to 7 minutes	12 to 16 minutes	2 ½ cups
<b>Lima Beans, baby</b>	1 hour	5 to 7 minutes	12 to 15 minutes	2 ½ cups
<b>Navy or Small Whites</b>	1 to 1 ½ hours	6 to 8 minutes	16 to 25 minutes	2 cups
<b>Pinto Beans</b>	1 to 1 ½ hours	4 to 6 minutes	22 to 25 minutes	2 ¼ cups
<b>Red Kidney Beans</b>	1 to 1 ½ hours	10 to 12 minutes	20 to 25 minutes	2 cups
<b>Soybeans</b>	3 hours	9 to 12 minutes	28 to 35 minutes	2 ¼ cups
<b>Split Peas, green</b>	30 to 45 minutes <b>(DO NOT SOAK)</b>	Not Recommended	8 to 10 minutes	2 cups

Sources:

What's Cooking America, <http://whatscookingamerica.net/Vegetables/driedbeantip.htm>

US Dry Beans, <http://www.usdrybeans.com/recipes/beans-pre-prep/>

fabFood, <http://www.fabulousfoods.com/articles/27942/how-to-cook-beans-in-a-pressure-cooker>

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