

A pantry staple, dried beans and lentils are packed with nutrients, low cost, and easy to prepare. Follow these easy steps for preparing beans and lentils at home!

## 1 CLEAN

- Before soaking, sort through dried beans or lentils.
- Throw out any that are discolored or shriveled.

## 2 SOAK

- To soak quickly:
  - Fill a pot with water. Add beans. Bring to a boil.
  - Boil beans for 5 minutes. Turn the heat off. Cover, and let sit for one hour.
  - Drain the soaking water. Rinse the beans.
- To soak overnight:
  - Fill a bowl with 3 cups cold water per 1 cup beans.
  - Soak beans for 8 to 12 hours at room temperature.
  - Drain the soaking water. Rinse the beans.

## 3 COOK

- Add enough water to cover the soaked dry beans or lentils by two inches.
- Simmer the beans for 30 minutes to 2 hours, until cooked. You may need to add water to keep beans from drying out.
- Beans and lentils are done when they are easy to break open with a fork.

Use 1 cup of dried beans to make about 3 cups cooked.	Use this much water*	Cook for this amount of time.
<b>Black Beans</b>	3 cups	About 2 hours
<b>Black-eyed Peas, Cowpeas</b>	2 ½ cups	½ hour
<b>Great Northern Beans</b>	2 ½ cups	1 to 1 ½ hours
<b>Kidney Beans</b>	3 cups	About 2 hours
<b>Lentils (do not soak)</b>	2 ½ cups	½ hour
<b>Lima Beans</b>	2 ½ cups	45 minutes to 1 hour
<b>Navy and Pea Beans</b>	3 cups	1 ½ to 2 hours
<b>Pink or Pinto Beans</b>	3 cups	2 hours

## 4 STORE

- Use right away. Or, store in refrigerator or freezer.
- When you are ready to use frozen beans, defrost and prepare like canned beans.

\*At high altitudes (above 3,500 feet), dried beans take more time to rehydrate and cook.