

# More than just a hill of beans...!

## Why Beans (legumes)?

They are a low-cost source of protein, low in fat and salt and a great source of fiber!

### ■ How to Store

Dry beans are an easily stored food. They should be kept in a tightly covered container in a dry, cool place (50-70 degrees F). The quality should be good for several months when stored under these conditions. Older beans will require longer soaking and cooking periods than freshly harvested beans, especially in dry climates.

### ■ How to Flavor

Salt may be added at any time during cooking. Add about one teaspoon salt per cup of dry beans if no other salty food is being added. For "savory" beans add one tablespoon oil, two teaspoons onion salt, ¼ teaspoon garlic salt, one tablespoon chicken stock base and ¼ teaspoon white pepper for each pound (2 cups dry) beans.

### ■ How to Freeze

Slightly undercook beans you will freeze. Cool quickly, uncovered, seal and freeze. When thawing, beans will keep their shape better if thawed slowly. Cooked beans will keep from 4 to 6 months in a freezer, one year in a deep freeze (0° C), or up to one week in a refrigerator.

### ■ How to use

- Cook beans and rice together for a one dish meal
- Add beans to any type of salad
- Combine beans, cheese and vegetables in a pita bread for an on the go snack
- Mash beans and place on whole wheat crackers as an appetizer
- Mix beans in with chili, soups, and stews
- Stretch your meat...decrease the meat the recipe calls for and replace with beans

1 lb. package = 2 cups dry = 5 cups soaked.

Dry beans expand to about 2 ½ times their original size when soaked.

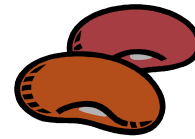
One 16 ounce can (drained) equals 1 2/3 cups cooked beans.



Search these web-sites for great recipes!

[www.americanbean.org](http://www.americanbean.org)  
[www.calbeans.com](http://www.calbeans.com)  
[www.state.id.us/bean/](http://www.state.id.us/bean/)  
[www.michiganbean.org](http://www.michiganbean.org)  
[www.nebraskadrybean.com](http://www.nebraskadrybean.com)  
[www.northharvestbean.org](http://www.northharvestbean.org)  
[www.pea-lentil.com/recipes/index.html](http://www.pea-lentil.com/recipes/index.html)

## How to Prepare and Cook Beans



### Step 1: Wash and Sort

- Remove damaged beans and any foreign materials, then rinse beans in cold water.

### Step 2: Soak

- Overnight Soak: Add 6 cups of cold water and two teaspoons of salt to one pound of dry beans. Allow to stand overnight. Drain.
- Quick Soak Method: Add 6 to 8 cups of water to one pound of dry beans. Bring to a boil, cover and cook 2 minutes. Remove from heat and let stand with lid on for an hour or more. Drain.

### Step 3: Cook

Place the soaked beans in a large pot, cover with hot water and simmer with the lid slightly open until the beans are tender. Add additional hot water if needed. Most beans will be tender in 2 to 4 hours of simmering. Beans which have been stored for long periods of time will require longer cooking time.

### Microwave Cooking

Put one pound of beans in a 5-quart pan with eight cups of water. Cover and cook at full power for 8-10 minutes or until boiling. Let stand for one hour or longer, drain. To cook the beans, add 6-8 cups fresh hot water. Cover and cook at full power for 8-10 minutes or until boiling. Reduce power by 50% and cook another 15-20 minutes or until beans are tender.

### Pressure Cooking\*

Place soaked beans in pressure cooker with water and seasonings. Do not fill cooker more than half full. Following the manufacture's instructions, seal the lid and bring cooker up to the required pressure (usually 15 pounds). When the pressure indicator shows the proper pressure, reduce the heat and start timing. Cook time depends on the type of bean used. Higher elevations require longer cooking times, usually 20-30 minutes. Remove from heat and reduce pressure.

### Crock Pot Cooking

Place washed and sorted beans in boiling water (enough to cover) and simmer for 10 minutes. Drain off water. Then place beans in crockery cooker and add 6 cups of water per pound of beans and add seasonings to taste. Cook on low 12 hours.

### Simple Cooking Tips

- To avoid broken or mushy legumes, boil gently and stir very little.
- Lentils and split peas do not need to be soaked.
- At high altitudes beans will need longer to cook.
- Taste test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of beans. Add these items last so they will not prolong cooking time.

\*If you want to buy a pressure cooker for less, shop around at second hand or discount stores.