

HOW TO COOK DRIED BEANS

STEP 1: SORT THE BEANS

Start by arranging dried beans on a sheet pan or clean kitchen towel. Remove and discard any shriveled or broken beans, and any debris.

STEP 2: WASH THE BEANS

Place beans in a colander or strainer and rinse them under cold running water to wash away any dirt or dust.

STEP 3: SOAK THE BEANS

Overnight Soak: Put the beans in a pot and cover with water by about two inches. Add 2 tablespoons of salt per pound of beans and allow them to soak for 4 to 12 hours, or overnight. Drain and rinse the beans before cooking.

Short Soak: Put the beans in a pot on the stove and cover with water by two inches. Add salt and bring to a boil. Turn off the heat and let the beans soak for an hour. Drain and rinse the beans before cooking.

No Soak: Place the picked and washed beans into hot water and start cooking. Beans will take slightly longer to cook but will save the soak time and speed up your meal prep. Don't skip soaking red beans, especially kidney beans. Undercooked red beans can cause food poisoning.

STEP 4: COOK THE BEANS

Place the beans in a pot. Cover them with at least two inches of water. Add salt if desired. Turn the heat to low and cover, stirring the beans occasionally. Never let the beans reach a rolling boil. A slow simmer brings out the best flavor.

Cooking time depends on the type of bean: Most pre-soaked beans will take between 45 minutes and 2 hours to cook. Periodically taste the beans or mash them against the side of the pot to test for doneness.

HOW TO FREEZE AND REHEAT COOKED BEANS

Step 1: Once the beans are cooked, allow them to cool and drain them completely.

Step 2: Transfer the beans to a freezer safe container or freezer bag. Remove all the air from the bag and write the date they were stored. The frozen beans should last in the freezer for up to 6 months.

Step 3: When ready to use, remove the beans from the freezer and thaw using a warm water bath or place them in the fridge a day before. Frozen beans can be added directly to recipes such as chili or rice and beans.



MARION COUNTY PUBLIC HEALTH DEPARTMENT
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