

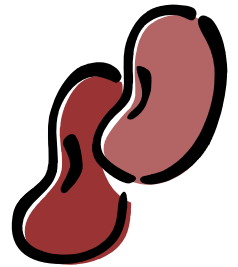
Easy Steps for Cooking Beans



1. **Sort:** Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.
2. **Soak:** Most beans will triple in size during the soaking process, so be sure to start with a large enough pot and consider needed for the recipe. Choose one of the following ways to soak the beans:
 - **Hot Soak:** Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for up to 4 hours.
 - **Quick Soak:** for each pound of dry beans add 10 cups of hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for at least one hour.
 - **Overnight Soak:** For each pound dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
3. **Cook:** Drain soaking water and rinse beans. Cover beans with fresh water. Simmer until tender, about 1½ - 2 hours.

Bean Counting

- One 15-ounce can of beans equals 1½ cups of cooked beans
- One No. 10 can of beans yield 12 cups of cooked beans, drained
- One cup of dry beans equals 3 cups cooked
- One pound of dry beans equals 6 cups cooked.
- One pound of dry beans makes 9 servings of baked beans or 12 servings of bean soup
- One pound of dry beans equals 2 cups



Cooking Tips

- To avoid broken or mushy beans, boil gently and stir very little.
- Taste-test beans often for desired tenderness.
- Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or ketchup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
- Any of the following can be added during the last 1/2 hour of cooking: minced onion, garlic or green pepper, diced carrots or celery, chopped tomatoes or cooked meat

SOURCE: Information adapted from *Beans* by Washington WIC and provided by WSU Extension Food Sense.