

## 3 Easy Steps to Cooking Dry Beans



### Sort:

- Remove stones, seeds or damaged beans. Rinse well to clean!



### Soak:

- Long – 8 cups water per 2 cups beans  
\*Soak for 6 hours or overnight.
- Quick – In large saucepan, cover beans with water (8 cups water per 2 cups beans) bring to boil. Boil for 2 minutes. Turn off heat and let soak for 1 hour.



### Cook:

- Drain/Rinse the beans.
- In large saucepan, add fresh water (cover beans by 1 inch). Bring beans/water to boil, reduce heat, cover and simmer until beans are tender. Add water to keep the beans covered in liquid, if needed. Cook for 1-2 hours. Beans are done when you can smash with a fork.
- Season AFTER the beans have cooked and are tender.

Join a virtual  
EFNEP class  
to find out  
more!



Resource: Food Hero/Oregon State University Extension

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