# 3 Easy Steps to Cooking Dry Beans





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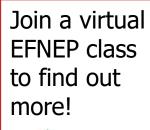
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• Remove stones, seeds or damaged beans. Rinse well to clean!



#### <u>Soak</u>:

- Long 8 cups eater 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.

Resource: Food Hero/Oregon State University Extension

Robin Adams - Mahoning County EFNEP adams.1778@osu.edu

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