

Dry Beans



Nutrition Facts

Beans, peas, and lentils include the dried seeds of legumes that can be eaten. Dry beans such as great northern, kidney, and pinto are high in protein and fiber. Beans also contain carbohydrates which give you energy. Beans and peas are low in fat, calories, and sodium. They do not contain cholesterol. For specific information about a type of dry bean, please refer to the product's Nutrition Facts Label or ingredient list.

Storage

- Store dry beans in a cool, clean, dry place off the floor. Avoid high temperatures and high humidity.
- After opening, store unused dry beans in a tightly closed bag or container.
- Once cooked, prepared beans can be stored in the freezer for up to six months.
- Store two cups of cooked beans in a labeled and dated freezer-safe zipper bag in the freezer. When ready to use, thaw in the fridge or a large bowl of warm water.

Uses and Tips

- One pound of dried beans is about 2 dry cups, which makes about 6 cups of cooked beans.
- Dried beans and chickpeas need to soak to soften the skin before cooking.
- Older beans take longer to cook than fresher beans—do not mix the two.
- Dry beans should be soaked before cooking. This will reduce cooking time. It will also help reduce digestive discomfort.
- Do not add salt while soaking or cooking beans as this may toughen the beans. Add acidic foods such as tomatoes at the end; these can prevent beans from becoming tender.
- If beans foam while cooking, add oil to the pan and leave the lid off.
- Once cooked, dried beans and chickpeas can be enjoyed as a main entrée or side dish at meals. Cooked beans and chickpeas can be added to dips, soups, stews, salads, dips, and even dessert!
- Two cups of cooked beans are equivalent to a 15-ounce can of beans.

Discover lots of budget friendly recipes featuring beans and **WATCH** how to cook them at planeatmove.com:

- *Slow Cooker Turkey and Beans*
- *Sweet Potato Nachos*
- *Red Beans and Rice*
- *One-Pan Beans and Cornbread*



Cooking Dry Beans or Chickpeas on the Stove-Top



Method	Beans Water Ratio	Directions	Soaking Time
Overnight Soak (Easiest Method)	Cover beans with about 3 inches of water.	Cover pan and soak.	8 hours or overnight
Quick Soak (Fastest Method)	6 cups of water for every 1 pound of beans.	Place pan on medium-high heat and bring beans to a boil. Boil 2 to 3 minutes. Remove from heat and cover pan.	1 hour
Hot Soak (Preferred Method)	10 cups of water for every 1 pound of beans.	Place pan on medium-high heat and bring beans to a boil. Boil 2 to 3 minutes. Remove from heat and cover pan.	4 to 24 hours. Note: if soaking beans longer than 4 hours, place in the fridge.

After soaking it's time to cook!

Ingredients:

- 1 pound dry beans or chickpeas
- 4 cups water for beans or 6 cups water for chickpeas
- Salt, meat, bones, seasonings, bouillon flavoring, herbs, and spices, optional

Directions:

1. Wash hands with warm water and soap, scrubbing for 20 seconds.
2. Drain the soaked beans and rinse with cool running water.
3. Add the beans and fresh water to the pan.
4. If using meat or bones to season beans, add them at this time.
5. Place pot on medium-high heat. Bring beans to boil then reduce to medium-low heat and allow beans to simmer until tender. As beans cook and water evaporates, adding water may be necessary.
6. Use the cooking times below as a guide. Your cooking time might be slightly less or more, so check for doneness throughout the cooking process.
7. When beans are almost done, season with spices, herbs, or salt, if desired.
8. Store cooked beans in a covered container in the refrigerator for 3 to 4 days or in the freezer for up to 6 months.

Nutrition facts per serving: For info about a specific dry bean, please refer to the product's Nutrition Facts Label or ingredient list.

Soaking Directions:

1. First, rinse and sort, removing dirt, rocks, and other debris that might be present. Remove beans that are shriveled or look unusual compared to the others.
2. Next soak the beans or chickpeas. Use a pot large enough to account for the beans doubling in size. See some of the options in the chart above.

Stove-Top Cooking Times

Pinto beans, Kidney beans, Navy beans, and Chickpeas	1 ½ to 2 hours
Black beans	1 to 1 ½ hours
Great Northern beans	45 minutes to 1 hour



This work is supported by the Expanded Food and Nutrition Education Program from the USDA, National Institute of Food and Agriculture.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



USDA
Supplemental
Nutrition
Assistance
Program
This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP.