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Preparing Dry Beans

Serves: Cost/Serving: Serving Size:

INGREDIENTS

1 package dried beans (such as pinto, navy, black, or kidney)

INSTRUCTIONS

- 1 Stove Top Method: Spread dried beans on a baking sheet. Remove any small stones, dirt pieces, or withered beans. Rinse.
- 2 Place rinsed beans in a large cooking pan. Cover with 3 cups of water per 1 cup of beans. Use 10 cups for a 1 pound bag. Do either a short soak or a long soak. Short Soak – Bring beans to a boil, boil for 2-3 minutes, remove from heat, and let stand covered for 1-4 hours. Rinse beans. Long Soak – Cover beans with cold water and soak overnight in an uncovered pot. Rinse beans.
- 3 Cover beans with fresh cold water and bring to a boil. Reduce heat and simmer until tender. Cooking time varies with bean varieties and soaking times. Long soaks can shorten cooking times. Read package directions. In general, cook 2 hours: black, great northern, kidney, navy, small white, and pinto beans; cook 3 hours: garbanzo (chickpeas) and red beans.
- 4 Slow Cooker Method: Rinse beans. Remove any small stones, dirt pieces, or withered beans. Then, combine 1 pound dried beans (2 cups) with 8 cups water in slow cooker. Lastly, cook on low for 6 - 8 hours (or overnight) until beans are soft.

TIPS

Cook a large pot of beans at one time and freeze in 1 1/2 cup portions (about 1 can or 15 ounces). Thaw using the defrost cycle of microwave, in the refrigerator overnight, or by setting them in a pan of water for 1 hour.

Add beans to a vegetable or pasta salad to make it a protein rich main dish.

Mash cooked beans, spread on a soft tortilla, heat, and eat! Include other ingredients such as cheese, lettuce, tomato, salsa.

Nutrition Facts

Serving Size:

Amount Per Serving

Calories

% Daily Value*

Total Fat g 0%

Saturated Fat g 0%

Trans Fat g

Cholesterol mg 0%

Sodium mg 0%

Total Carbohydrates g 0%

Dietary Fiber g 0%

Total Sugars g

Added Sugars NA*

Protein g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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OVERNIGHT SOAK METHOD

Note: Make sure you use a pot large enough, since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

- Place beans in a pot and cover with water at least 3 inches above the beans.
- Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
- Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook slowly until tender –about 2 hours.
- You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council

GARLIC BEAN SOUP

MAKES ABOUT 6 SERVINGS

Ingredients

- 3 cups great northern beans, cooked
- 2 cups onion, chopped
- ½ cup celery, chopped
- 2 teaspoons garlic powder
- 2 tablespoons vegetable oil
- 2 cans (about 14 ounces each) low sodium chicken broth
- 1 can (about 15 ounces) carrots, sliced and undrained (or fresh)
- ½ teaspoon pepper

Directions

- In a large skillet, cook the onion, celery, and garlic in vegetable oil for 3 to 4 minutes on medium heat.
- Add chicken broth and beans; heat to boiling.
- Reduce heat and simmer until celery is tender, about 6 minutes.
- Add canned carrots and pepper and heat another 2 minutes.

Tip: Add fresh or canned tomatoes, kale, and zucchini to make this a hearty dish!

Nutritional Information for 1 serving (about 1 cup) of Garlic Bean Soup

Calories	210	Cholesterol	0 mg	Sugar	4 g	Vitamin C	9 mg
Calories from Fat	50	Sodium	200 mg	Protein	11 g	Calcium	105 mg
Total Fat	6 g	Total Carbohydrate	31 g	Vitamin A	396 RAE	Iron	3 mg
Saturated Fat	0.5 g	Dietary Fiber	8 g				

Recipe adapted from Dry Bean Council

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