

# Cooking Dry Beans

Makes 6 servings | Protein

## Ingredients

- 1 pound or 2 cups dry beans (pinto, kidney, black, etc.)
- Water

## Directions

1. Wash hands in warm soapy water.
2. Rinse beans in cool water, then follow one of the methods below.

### Quick Cook Method

3. Put beans in a large pot and add 12 cups of water.
4. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.

### Overnight Method

1. Put beans in a large pot and add 6 cups of water.
2. Let soak for 6 or more hours in the refrigerator.
3. Discard soaking water and add fresh water to cover the bean. Bring to a boil then simmer for 1-3 hours, adding water if needed.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP. This institution is an equal opportunity provider.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup (101g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>210</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 10g	<b>34%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 862mg	20%

\* The % Daily Values (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.

Recipe from the  
Cent\$ible Nutrition  
Program. Learn how to  
save money, cook quick  
and healthy meals, and  
stretch your food dollar  
by contacting your local  
CNP educator.