



Cooking Dry Beans

Makes 3 Cups | 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

1. Put beans in a large pot and add 12 cups of water.
2. Bring to a boil and boil for 2 minutes, then remove from heat. Cover pot and let sit for 1 hour.
3. Discard soaking water and add fresh water to cover the beans. Return to heat and simmer for 1-3 hours, adding water if needed.

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.



Extension



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 Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

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