

How to Use Dried Beans

Cooking Dried Beans

Soak beans for 10-14 hours prior to cooking them. This speeds up the overall cooking process and aids in even cooking. Drain soaked beans. Cover beans in one inch of water and boil on medium-high. Once boiling, bring to gentle simmer. Cover pot for soft beans and leave lid off for firm ones. Let simmer for about an hour, or until beans reach desired doneness.

Tips and Tricks

One pound of dried beans will yield about 5 cups of cooked beans. Make in large batches; freeze excess or use in various meals throughout the week.

Creative Eats

Meat Substitute- Add to any soup, burrito, or taco for extra protein or as a meat substitute

Dips- Cook with spices until soft, mash

Bean burger- Mash cooked beans with vegetables, seasonings, breadcrumbs, and an egg. Form into patties and cook "pancake-style" on a skillet.



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Slow Cooker Lentil and Black Bean Soup

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Ingredients

- 1/2 pound bag of dry lentils
- 1/4 pound bag of dry black beans
- 1 medium onion, diced
- 2 large carrots, chopped
- 1 can diced tomatoes (low-sodium preferred)
- 1/4 teaspoon garlic powder
- 1 tablespoon ground cumin
- 1 1/2 teaspoon chili powder
- 5 cups hot water
- 2 teaspoon salt
- 1/2 teaspoon black pepper

Directions

Rinse lentils and black beans. Discard any bad beans. Pour into slow cooker. Add onions, carrots, tomatoes, garlic, cumin, chili powder, and hot water to slow cooker. Place lid on top and cook on high for 6 hours. Avoid opening the lid or stirring the soup. Remove lid, add salt and pepper to taste. Serve hot. Garnish with sour cream, fresh parsley, or cheddar cheese, if desired.

Extension

UtahStateUniversity.



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