

# How to Cook Dry Beans



## Ingredients

Dry beans

**Types of beans that  
can be used:**

Black beans:

Great Northern beans

Kidney beans:

Navy beans:

Pinto beans:

## Directions

1. Pick through the beans, discarding any discolored or shriveled beans or any foreign matter.
2. Rinse the beans well.
3. **Quick Soak:** This is the fastest method. In a large pot, add 6 cups of water for each pound (2 cups) of dry beans. Heat to boiling; boil for 2–3 minutes. Remove from heat, cover, and soak for at least 1 hour.
4. **Traditional Overnight Soak:** This is the easiest method. Place dry beans in a large container, for each pound (2 cups) beans, add 10 cups of cold water. Cover and refrigerate 8 hours or overnight
5. Drain and rinse beans soaked by either method with fresh, cool water.
6. Place soaked beans in a large pot; cover with fresh water and bring to a boil.
7. Reduce heat, cover, and simmer gently until beans are tender but firm. Most beans will cook in 45 minutes to 2 hours depending on the variety. Every 30 minutes check on beans, you may have to add more. They are done when they are easy to break open with a fork.

**Notes:** When to add flavorings:

Add your flavorings at least 30 minutes after simmer add onion, garlic, Herbs and spices.

## Approximate Cooking times

- Black beans: 60 - 90 minutes
- Great Northern beans 45 - 60 minutes
- Kidney beans: 90 - 120 minutes
- Navy beans: 90 - 120 minutes
- Pinto beans: 90 - 120 minutes

## Nutrition Facts

Serving size	½ cup
Calories	115
Sodium	100 mg
Carbs	20g
Fiber	5g
Protein	9g