

DRY BEANS

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- Beans are legumes and can be eaten as a vegetable or protein. Common types include black beans, black-eyed peas, chickpeas, edamame, and kidney beans.
- Dry beans are a healthy and cheap source of protein. Canned beans are already cooked, but are higher in cost and sodium.
- Use 1 1/2 cups of cooked dry beans as a substitute for 1 (15 oz) can of beans in your favorite recipes.
- They are a great source of fiber, B vitamins, and protein and contain almost no saturated fat, sodium, or cholesterol.



PREPARE

Quick soak:

Place dried beans in a large pot. Add enough water to cover black beans by about 2 inches. Bring to a boil, remove from heat, and let rest one hour. Return to a boil. Reduce heat and simmer until beans are tender, about 1-1 1/2 hours.

Overnight soak:

Place dried beans in a large pot. Add enough water to cover beans by about 2 inches. Let beans soak overnight. Transfer to a large pot, adding enough water to cover beans by a few inches. Boil for 10 minutes. Reduce heat and simmer for 45 minutes up to 2 hours.

Try beans:

- *Mixed with or as a replacement for* dishes with ground beef
- *Tossed* with salads
- *Stirred* with veggies and seasonings for a simple, nutritious soup

STORE

- Dry beans can be stored indefinitely in the pantry.
- Cooked beans can be stored in the refrigerator for 3-5 days, or in the freezer for up to 6 months.