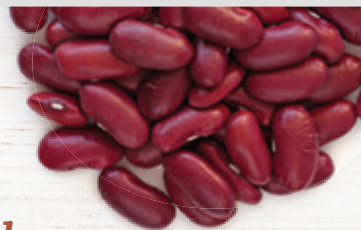


3 EASY STEPS TO

Cook Beans

Beans are high in nutrients like fiber and protein and are easy to prepare.



1. Soak your beans.

HOT SOAK: Place 1 cup of beans in a pot with 5 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 4 to 24 hours. Drain and rinse beans in cool water.

TRADITIONAL SOAK: Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

QUICK SOAK: Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.



2. Combine 1 cup beans with 2 cups water and bring to a boil.



3. Simmer on low for 45 minutes – 2 hours.



For every cup of lentils, use 2 cups of water.



1 cup dry =
2 ½ cups cooked

COOKING TIPS



Bean cooking time varies by type. When a bean is fully cooked the skin is still intact but the bean can easily be smashed between two fingers.



Beans expand as they cook. Add warm water as needed during the cooking process to keep the beans covered.



Increase flavor by adding chopped onion to the beans at any time during the cooking process.



Use unsalted water—salt toughens beans during cooking.



During hot weather, soak beans in the refrigerator to prevent fermentation.

PULSES



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