Cook Beans

1. Soak your beans.
   - **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.
   - For every cup of beans, use 2 cups of water.

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

For more tips and recipes, visit Pulses.org