

3 EASY STEPS TO:

# 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.

**TIP:**  
¼ cup dry =  
½ cup cooked

For more tips and recipes, visit [Pulses.org](https://Pulses.org)