

Dry Beans: Overnight Soak

Follow these steps to cook dry beans for use in recipes or in place of canned beans.

1 3/4 cup cooked beans = 1 can (14-15 oz) beans.

FOR RECIPES, VISIT

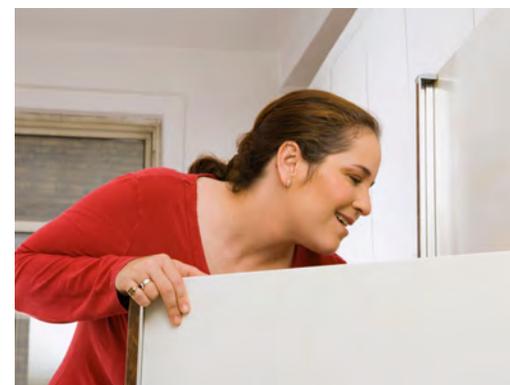
<https://go.Illinois.edu/EatMoveSave>



Use 1 lb (2 cups) dry beans.
Remove stones, dirt, and damaged beans.



Add beans to a large pot.
Add 10 cups water.



Soak for at least 8 hours in
the refrigerator.



Drain water and rinse beans.



Cover beans with fresh water
in pot.



Simmer on stovetop 1.5-2
hours.

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1 3/4 cup cooked beans = 1 can (14-15 oz) beans.

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Use 1 lb (2 cups) dry beans.
Remove stones, dirt, and
damaged beans.



Add beans to a large pot. Add
10 cups water.



Bring to a boil. Boil 2-3
minutes.



Remove from heat and cover.
Soak at least 1 hour.



Drain water and rinse beans.
Cover with fresh water.



Simmer on stovetop 1.5-2
hours.

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