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.

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

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

Drain water and rinse beans.

Cover beans with fresh water in pot.

Soak for at least 8 hours in the refrigerator.

Simmer on stovetop 1.5-2 hours.

For recipes, visit https://go.Illinois.edu/EatMoveSave

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Dry Beans: Quick 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.

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.

FOR RECIPES, VISIT
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