



SKILL CARD

HOW TO: **DRIED BEANS**



Two Methods: Quick Soak & Overnight Soak

Quick Soak:

- Rinse beans.
- Place in a pot and cover with salted water.
- Bring to a rolling boil, remove from heat, and place lid on the pot.
- Let soak for 1 hour.
- Drain & cook.

Overnight Soak:

- Rinse beans.
- Place in a bowl or pot and cover with at least 2 inches of water, beans will double in size over time.
- Let soak at room temperature between 4 and 8 hours.
 - If soaking longer than 8 hours, move to the refrigerator.
 - Do not let soak for more than 24 hours or they will begin to ferment.
- Drain & cook.

To Cook:

- Place beans in a pot and top with water.
- Bring to a boil, reduce to a gentle simmer, and let cook until beans are no longer hard or grainy in the center.
- If you overcook them, or let them boil too fast, your beans will break and you will have a bowl of bean mush.
- Store cooked beans in their liquid in the fridge for no longer than 5 days.