



How to Cook Dried Beans

Directions

1. Open package and run the beans through your fingers, watching for damaged beans or small objects, like pebbles.
2. Rinse well and cover with water. Beans absorb lots of water, so use a vessel about 3 or 4 times the volume of the dried beans
3. Soak for several hours or overnight.
4. Drain and place in a large pot.
5. Cover with water by at least 3 inches.
6. If desired, add a cheesecloth 'package' with chopped onion, fresh thyme, rosemary to add flavour.
7. Do NOT add salt until beans are cooked.
8. Bring water to a boil and reduce heat to a simmer.
9. Cook until beans are tender. The cooking time depends on the dryness of the beans and the type and size of beans.
10. After 1 hour, taste them every 15 minutes or so to check.
11. Drain beans, allow them to cool, and, if you are freezing them, package them in set measurements, i.e. 2 cups so they will be easy to use.
12. 2 cups is approximately the amount of beans in a large can.