

COOK WITH DRY BEANS: THE FOUR-STEP METHOD

Dry beans are an incredibly nutritious, versatile and inexpensive ingredient. The cost of one ½ cup serving of dry beans is about one-third the cost of canned beans. Cooking with dry beans is easy and rewarding, but to cook with dry beans versus canned beans you need to follow four simple steps.



Four Simple Steps

STEP 1: Clean the Beans

- Place the beans in a shallow layer in a pie plate, baking sheet, or bar pan.
- Pick out and discard any foreign objects like leaves, small stones or twigs, as well as any broken beans.



STEP 2: Rinse the Beans

- Place the beans in a colander or strainer and rinse them under cold running water.



STEP 3: Soak the Beans

- There are three soaking methods you can use, the Hot Soak Method, the Traditional Soak Method, and the Quick Soak Method. The Hot Soak Method is the recommended method because it reduces cooking time and gas-producing compounds the most and it produces consistently tender beans.



HOT SOAK (Recommended)	TRADITIONAL SOAK	QUICK SOAK (Fastest)
1. Place beans in a large pot and add 10 cups of water for every 2 cups of beans.	1. Pour cold water over beans to cover.	1. Place beans in a large pot and add 6 cups of water for every 2 cups of beans.
2. Heat to boiling and boil for an additional 2 to 3 minutes.	2. Soak beans for 8 hours or overnight.	2. Bring to boil and boil for an additional 2 to 3 minutes.
3. Remove beans from heat, cover and let stand for 4 to 24 hours.	3. Drain beans and discard soak water. (NOTE: Cold water starts but does not complete the rehydration process so the beans will appear wrinkled after soaking. They will fully rehydrate during cooking.)	3. Remove beans from heat, cover, and let stand for 1 hour.
4. Drain beans and discard soak water.	4. Rinse beans with fresh, cool water.	4. Drain beans and discard soak water.
5. Rinse beans with fresh, cool water.		5. Rinse beans with fresh, cool water.

Steps Continued

STEP 4: Cook the Beans

- Place beans in a large stock pot and cover with fresh, cold water.
- Place over medium heat; keep cooking water at a gentle simmer to prevent split skins.
- Since beans expand as they cook, add warm water periodically during the cooking process to keep the beans covered.
- Stir beans occasionally throughout the cooking process to prevent sticking.
- Beans take 30 minutes to 2 hours to cook, depending on the type. Beans should be tender but not mushy.



1 pound of dry beans = 6 cups of cooked beans, drained

Save time and energy by using a pressure cooker!

A pressure cooker is a great tool for preparing dry beans quickly. Pressure cookers combine high pressure and high heat, which dramatically reduces cooking time. Beans cooked in a pressure cooker will cook in about one-third of the time it takes to cook beans on the stove.

Step 1 & 2

Follow the same instructions as the traditional 4-Step method of preparing beans. (see above)

Step 3: Soaking

Soaking is recommended for preparing dry beans in a pressure cooker. The quick-soak or traditional methods are encouraged when pressure cooking beans. (see above)

Step 4: Cooking

After soaking, rinse beans and remove any loose skins. Place beans in pressure cooker with fresh water to cover the beans and add vegetable oil (1-4 tablespoons per pound). Close securely. Follow the manufacturer's instructions for securing the pressure regulator or vent pipe, and cook beans according to the timetable.

Note: Pressure cookers often come with product instructions. Refer to the manufacturer's guide for specific cooking recommendations based on the model of pressure cooker you own.

After time has completed, turn off the heat and allow pressure to drop on its own accord.

For best results, follow these tips!

While cooking dry beans in a pressure cooker is a fairly simple process, they do have a tendency to froth and foam during cooking. Therefore, it is necessary to use the following guidelines when pressure cooking dry beans:

1. Never fill the pressure cooker more than the half full line. This includes beans, ingredients, and water.
2. Pressure cookers must contain a minimum of ½ cup of liquid in order to operate correctly.
3. Add 1-4 tablespoons vegetable oil and up to 1 tablespoon of salt to one pound of beans during the soaking or cooking. Tests have shown that when oil and salt are added, dry beans keep their shape and exterior skin intact, and froth and foam less during pressure cooking.
4. Allow pressure to drop on its own accord. This will add another 18 to 20 minutes to the cooking time but requires no tending.

Pressure Cooking Fears

Some people have a fear of using a pressure cooker, often based on childhood memories of a rattling old pressure cooker on a family stove. However, today's pressure cookers are nothing like Grandma's. Like any modern piece of kitchen equipment, when you follow the directions carefully, it's as safe and convenient as every other kitchen appliance.

**Learn more about cooking with beans and
access great recipes and more at BeanInstitute.com.**

BEANS
Simply Delicious. Naturally Nutritious.