

How to Cook Beans

When possible, allow beans to soak overnight, rinsing with fresh water once or twice. This will help eliminate many of the gas that causes intestinal discomfort when ingested. Precooking also reduces cooking times.

Adding epazote leaves to beans also helps to eliminate intestinal gas. These tasty leaves can often be found in the Mexican spice section of your grocer or grow your own!

ADZUKI BEANS

Commonly used in Asian cooking and stir fries.

Tastes great with tomatoes, coriander, cumin and garlic.

Soak overnight. Rinse. Place in large pot and cover with fresh water. Boil 3 minutes. Then, reduce heat and simmer, covered for 35 - 45 minutes until tender.

1 cup dry = 3 cups cooked

ANASAZI BEANS

Replaces pinto beans in any dish and is a hearty addition to casseroles and soups.

Soak overnight. Rinse. Place in large pot and cover with fresh water. Boil 3 minutes. Reduce heat and simmer, covered for 50 minutes or until tender.

1 cup dry = 2 1/4 cups cooked

BLACK BEANS

Deep flavored. Works well in soup, chili and stew.

Especially good over rice when cooked with coriander, cumin and garlic.

Soak overnight. Rinse. Place in large pot and cover with fresh water. Boil 3 minutes. Reduce heat and simmer, covered for one hour or until tender.

1 cup dry = 2 1/4 cups cooked

BLACKEYE PEAS

Mixes well with a variety of greens including okra, collard and swiss chard.

Chop onion, mince garlic and brown with peas. Serve over rice.

Soak overnight. Rinse. Place in large pot and cover with freshwater.

Boil 3 minutes. Reduce heat and simmer, covered, for 30 - 40 minutes or until tender. Do not stir or skins can become damaged.

1 cup dry = 2 cups cooked

CANNELLINI BEANS

Nut like flavor is a tasty addition to hearty soups, stews and cold salads.

Perfect for minestrone soup.

Soak overnight. Rinse. Place in a large pot and cover with fresh water.

Boil 3 minutes. Reduce heat and simmer, covered for 45 minutes or until tender.

1 cup dry = 2 1/2 cups cooked

CRANBERRY (BORLOTTI) BEANS

Add to pasta and rice dishes, stews, casseroles and cold bean and vegetable salads.

Soak overnight. Rinse. Place in large pot and cover with fresh water. Boil 3 minutes. Reduce heat and simmer, covered for 45 minutes or until tender.

1 cup dry = 3 cups cooked

GARBANZO BEANS (CHICKPEAS)

Serve cold in a vinaigrette or toss with olive oil and garlic.

To make hummus, puree the beans after cooking.

Add tahini, lemon juice and garlic.

Soak overnight. Rinse. Place in large pot and cover with fresh water. Boil 3 minutes. Reduce heat and simmer, covered for 60 - 90 minutes or until tender. Skim foam often.

1 cup dry = 2 cups cooked

KIDNEY BEANS

A favorite in salads, soups and stews.

Flavor with chilis, cumin coriander, onions, garlic and cilantro.

Soak overnight. Rinse. Place in large pot and cover with fresh water.

Boil 3 minutes. Reduce heat and simmer, covered for 50 minutes or until tender. Skim foam often.

1 cup dry = 2 cups cooked

LENTILS, GREEN

Quick cooking. Good in soups or cold salads.

Mix with bread crumbs to stuff vegetables.

Do not soak. Simmer 1 cup with 4 cups water. Cook 12 minutes for salads. Cook 20 - 25 minutes for main dishes.

Skim while cooking.

1 cup dry = 2 cups cooked

LENTILS, RED

Beans lose shape when cooked.

Excellent thickener for soup. Cook with curry spices and serve with rice.

Makes excellent puree and meatless loaf.

Do not soak. Simmer 1 cup with 4 cups water. Cook 12 minutes for salads. Cook 15 - 20 minutes for main dish.

Skim foam while cooking.

1 cup dry = 2 cups cooked

LIMA BEANS, BABY

Smooth texture and sweet flavor makes an ideal choice in dishes where the bean "stands alone."

Serve with steamed vegetables.

Soak overnight. Rinse. Place in large pot and cover with fresh water.

Boil 3 minutes. Reduce heat and simmer, covered for 35-40 minutes or until tender. (Cook large lima beans longer.)

1 cup dry = 3 cups cooked

MUNG BEANS

Used mainly in curries, dahl and for sprouting.

Soak overnight. Rinse. Place in large pot and cover with fresh water.
Boil 3 minutes. Reduce heat and simmer, covered for
35 - 50 minutes or until tender.

1 cup dry = 2 cups cooked

NAVY BEANS

*Great for baked beans, soups, casseroles or
tossed with pasta and fresh herbs.*

Soak overnight. Rinse. Place in large pot and cover with fresh water.
Boil 3 minutes. Reduce heat and simmer, covered for 2
hours or until tender. Skim foam often.

1 cup dry = 2 2/3 cup cooked

PEAS, SPLIT

Adds texture to soups and stews, dips and spreads.

Goes well with garlic, coriander, cumin and onions.

Do not soak. Bring 1 cup of peas and 2 cups of water to a boil.
Reduce heat and simmer 45 - 60 minutes or until tender.

1 cup dry = 2 cups cooked

PEAS, WHOLE

Great as a soup. Use as a side dish with butter and garlic.

Do not soak. Bring 1 cup of peas and 3 cups water to a boil.
Reduce heat and simmer 90 minutes or until tender.

1 cup dry = 2 cups cooked

PINTO BEANS

Use as refried beans and frijoles. Mild flavor.

Can be used in dips, salsas, chili, soup and stews.

Spice with green chilis, cumin, garlic and pepper.

Soak overnight. Rinse. Place in large pot and cover with fresh water.

Boil 3 minutes. Reduce heat and simmer, covered for 50 minutes or until tender. Skim foam often.

1 cup dry = 2 2/3 cups cooked

RED BEANS

Similar in taste to kidney beans.

Serve seasoned over rice or use in chili and stews.

Soak overnight. Rinse. Place in large pot and cover with fresh water.

Boil 3 minutes. Reduce heat and simmer, covered for 50 minutes or until tender.

1 cup dry = 2 2/3 cups cooked.