

Preparing Dry Beans

Soaking beans and grains

Soaking grains helps increase mineral absorption by breaking down phytic acid in the grain. Soak at room temperature for 4 hours or overnight in the refrigerator. Drain and rinse well once the grains are done soaking. (Soaking also helps thoroughly clean rice.)

Soaking dried beans helps remove the indigestible complex sugars. It also allows for shorter cooking times, which preserve the most nutrients. Soaking thoroughly cleans accumulated buildup on the surface of the bean, such as dirt, pesticide residue or contamination from rodents and insects. Soaking also allows beans to cool evenly. Like grains, soak at room temperature for 4 hours or overnight in the refrigerator.

One bag of dried beans is equivalent to 4 cans of beans. It is much cheaper to buy dried beans. If you do buy canned beans, make sure to drain and rinse them thoroughly.

Directions

Preparation of beans:

- ✦ **Under 1 pound of dried beans:** place beans in a bowl and cover with 2 inches of cold water. Soak beans for at least 4 hours or overnight.
- ✦ **1 pound or more of dried beans:** place beans in a bowl and cover with 3 inches of cold water. Soak beans for at least 6 hours or overnight.
- ✦ Rinse well and drain.

Cooking the beans:

- ✦ Cook beans in a small pot with water 2 inches above beans. Bring to a boil and reduce to a simmer for about 30 minutes or until beans are tender. Add salt and remove from heat. Keep lid on and allow to sit in salted water for about 10 minutes. Drain and rinse beans

Mashing the beans:

- ✦ Mash with a potato masher or fork until well mixed. You should have a smooth even texture.