How to Prepare Dried Beans:

Step 1. Soak the Beans

**Overnight Soak:** Put the dry beans in a bowl and cover with a couple inches of water. Cover the bowl with a lid or plastic wrap and leave overnight to soak.

**Quick Soak:** Add about 6 cups of water for every 2 cups of beans to a pot. Heat to boiling and cook for 2-3 minutes. Remove from heat, then cover and let the beans soak for another hour.

Step 2. Drain and Rinse

Drain the water that the beans have been soaking in and rinse them in water.

Step 3. Cook

Transfer the beans to a pot and cover in a couple inches of water. Bring the water to a boil, reduce the heat to medium, then simmer until the beans are tender but firm. *Most beans take about 45 minutes-2 hours to cook.* You can check the beans periodically to see if they're done. Add a pinch of salt when the beans are just about done cooking.

Step 4. Season (Optional)

Toss the beans in seasonings of your choice. Aromatics like chopped onion, shallot, garlic, and chiles or herbs such as rosemary, sage, bay leaves, and thyme pair well with most beans.

Step 5. Enjoy!

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Featured Ingredient of the Week: Beans

Beans, peas, and lentils are excellent sources of plant protein. They come in many forms such as black beans, lima beans, kidney beans, pinto beans, and garbanzo beans (chickpeas). In addition to being a great source of protein, beans are also a great source of fiber and other important nutrients such as iron and zinc.

How to Add Beans into Your Diet:

- Add beans to your breakfast. Toss them in scrambled eggs and veggies or add them to a breakfast burrito to keep you full and energized throughout the day
- Roast chickpeas with salt and oil in the oven for a quick and easy snack
- Make chili with a variety of beans or add them to other soups and stews
- Top your salads with a handful of beans for extra flavor and protein
- Fill a tortilla with beans, cheese, tomatoes, or other veggies for a quick meal on the go