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!

What’s Cooking?

Featured Recipe of the Week: Eggs

1. Poach eggs in the microwave – add an egg to a mug with some water and microwave for 45 seconds.
2. Use a rice cooker to gently scramble eggs – throw in your favorite toppings with your eggs in a rice cooker for a dorm-friendly breakfast!
3. Use a microwave for an instant omelet – put eggs and your favorite toppings in a microwave safe mug or bowl and microwave for 1.5-2 minutes for an instant omelet.
4. Bake eggs on a sheet pan for instant omelets – whisk eggs in a bowl then add your favorite toppings and pour them straight on to a greased baking pan and bake for 25-30 minutes for the perfect sheet tray omelet.
5. Add baking soda for easy to peel hard boiled eggs – add ¼ teaspoon of baking soda to a large pot of water, then hard boil your eggs as you normally would. The shells should peel right off.
6. Fry your eggs in onion rings – have extra onions on hand? Chop the onion so that you have a perfectly circular onion ring. Place the onion ring on a pan and crack the egg right in the middle and cook to your liking.
7. Make an easy egg-in-a-hole for breakfast – take one piece of bread and carve out a circle in the middle using a cup or knife. Place piece of bread on a pan over medium heat and crack an egg in the hole of the toast. Cook to your liking.

Easy Egg Hacks

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