**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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**Resources for Nutritious, Delicious and Affordable Eating**

**USDA MyPlate**
USDA MyPlate is an easy-to-follow approach to nutritious eating based on the USDA Dietary Guidelines for Americans. Based on creating a nutritious plate of food by incorporating best bites from all food groups, Fruits, Vegetables, Grains, Protein Foods, and Dairy. MyPlate also includes additional resources such as tools that help curate a personalized MyPlate Plan based on your goals and nutritional needs, a collection of tip sheets, videos, and infographics on nutrition, and lots of recipes, cookbooks, and cooking videos! Visit [myplate.gov](http://myplate.gov) for more information, or download the Start Simple with MyPlate App.

**Hokie Wellness Nutrition Resources**
Virginia Tech Dining Services
Dining Services provides nutritional information regarding each dining center. The site also provides nutrition tips, dining hall hours, and the menu for the selected day.
Visit [dining.vt.edu](http://dining.vt.edu) for more information.

**Schiffert Dieticians**
Nutritionists are available through Schiffert Health Center. Set up an appointment by phone. Included in tuition, no additional fees required.
To make an appointment call 540-231-6444

**What’s Cooking at the Market**
Check out past recipes and newsletters for The Market at [hokiewellness.vt.edu/students/Nutrition.html](http://hokiewellness.vt.edu/students/Nutrition.html)

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**Additional Resources**

**Budget Bytes**
Recipes and Recipe Videos, Meal Prep, Meal Plans, Kitchen Basics and How-To’s, and SNAP Challenge [budgetbytes.com](http://budgetbytes.com)

**Don’t Waste The Crumbs**
Recipes, Grocery Budgeting, and Meal Planning [dontwastethecrumbs.com](http://dontwastethecrumbs.com)

**Frugally Fresh**
Frugal, fresh, and flexitarian meals [Instagram.com/frugallyfresh/](http://Instagram.com/frugallyfresh/)

**5 Dollar Dinners**
Recipes, Meal Plans, & Classes [5dollardinners.com](http://5dollardinners.com)