What’s Cooking?

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 ever 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: Apples

Baked Apples Recipe:

Ingredients:
• 4 large apples
• ¼ cup brown sugar
• 1 teaspoon cinnamon
• 2 tablespoons butter

Directions:
1. Preheat oven to 350°F.
2. Peel and thinly slice the apples. Place them into a baking pan.
3. Stir the brown sugar and cinnamon together in a small bowl. Layer on top of the apple slices.
4. Dice the 2 tablespoons of butter in small squares. Evenly distribute the butter squares on top of the layer of sugar.
5. Bake for 20-25 minutes, or until the apples are tender but not mushy.
6. When done, remove the apples from the oven and stir.
7. Serve and Enjoy!

Serving Ideas:
• Serve as a dessert by itself or with some ice cream
• Serve with a bowl of oatmeal
• Top with a handful of granola or chopped nuts for an extra crunch
• Add a spoonful of baked apples to pork chops or chicken

Apple Snack Ideas:
• Apple Salsa:
  o Dice some apples and add them to your salsa for a refreshing twist on chips and salsa!
• Apples + Peanut Butter + Chocolate Chips
  o Dip your apple slices in some peanut butter and sprinkle chocolate chips for a touch of sweetness. If you don’t have chocolate chips, you can melt any kind of chocolate in the microwave and drizzle on the apples!
• Apples + Cheese
  o For a quick and easy snack, slice some cheese and apples and eat together!
• Apples + Yogurt
  o Have some yogurt on hand? Slice some apples, dip in yogurt, then freeze overnight.
• Apple Chips:
  o Bake super thinly sliced apples sprinkled with cinnamon and sugar in the oven at 225°F for 45 minutes to an hour, or until the apples are golden brown and crisp.