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 Ingredient of the Week: Tortillas

Baked Tortilla Chips

Ingredients:
- 6 small tortillas, or 2 large tortillas
- ½ - 1 tablespoon oil or melted butter
- 1 pinch salt

Directions:
1. Preheat oven to 350°F.
2. Stack the tortillas on top of each other, then cut into 6 equal wedges, similar to pizza slices.
3. Place the cut tortillas in a bowl and drizzle the oil over top. Toss the tortilla pieces in the oil until they're all lightly coated.
4. Spread the tortilla pieces out on a baking sheet. Sprinkle with salt and any other additional seasonings.
5. Bake the chips for 7-10 minutes, then flip them over and bake for another 3-5 minutes, or until they are golden brown.
6. Serve and Enjoy!

Seasoning Ideas:
- Salt, lime zest and a splash of lime juice
- Chili powder, cumin, garlic powder
- Rosemary, lemon zest or splash of lemon juice and salt
- Ranch seasoning
- Cinnamon and sugar

Quick and Easy Tortilla Recipes:

- **Mini Pizzas and Flatbreads**
  - Brush tortilla with oil or butter. Top with cheese and other toppings. Bake in the oven at 350°F for about 5 minutes.

- **Loaded Nachos**
  - Use the baked tortilla chips recipe with your choice of toppings. Bake in the oven at 350°F for about 7-10 minutes.

- **Pinwheels**
  - Spread cream cheese on a tortilla and layer with deli meat, tomatoes, cucumbers, cheese and other fillings. Roll up, refrigerate, and slice when ready to eat.

- **Dessert Roll Up**
  - Peel and slice a banana. Spread Nutella or peanut butter on the tortilla and line the middle of the tortilla with the banana slices. Top with a drizzle of honey or a sprinkle of chocolate chips. Add other fruit such as berries with yogurt and granola.