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!

The Perfect Baked Potato:

To Oven-Bake:
- **Step 1:** Preheat the oven to 425°F and grease a baking sheet with oil or butter.
- **Step 2:** Poke holes in the potatoes with a fork all the way around the potato.
- **Step 3:** Rub oil or butter into the skin of the potato. Sprinkle the potato with salt and pepper.
- **Step 4:** Bake the potato on the greased baking sheet and bake for about 60 minutes, flipping the potatoes every 20 minutes.

To Microwave:
- **Step 1:** Poke holes in the potato with a fork all the way around the potato.
- **Step 2:** Cook in the microwave for 5-7 minutes per side. Can wrap the potato in a damp paper towel in the microwave to prevent the potato from drying out.

Topping Ideas:
- Butter, salt and pepper, and sour cream
- Fresh chives and Greek yogurt
- Fresh avocado and lime juice
- Black beans, Greek yogurt, red onion, and cilantro
- Chili, shredded cheese, and sour cream
- Bacon, cheddar cheese, and fried eggs
- Steamed broccoli and cheddar cheese
- Fried egg and hot sauce
- Bacon and ranch dressing

What to Do with Leftover Mashed Potatoes:

- **Shepherd’s Pie:**
  - Layer mashed potatoes, frozen mixed vegetables, and ground beef in a baking dish. Cook for
- **Potato Muffins:**
  - Layer mashed potatoes with your choice of protein and vegetables for an easy and filling grab and go snack! Try a turkey and green bean combo, or a ham, egg, cheese, and spinach combo for a breakfast twist!
- **Crispy Potato Pancakes:**
  - Combine 2 cups mashed potatoes, 1 egg, ½ minced onion, ¼ cup flour, ½ cup grated cheese and salt and pepper. Heat 2 tablespoons of butter in a pan over medium heat. Drop about ¼ cup of the mixture in to the pan and form a small circle with the mixture. Cook for about 3-4 minutes, or until the bottom is brown and crisp. Flip and cook the other side.