

Overnight Soak Method

Note: Make sure you use a large pot, since beans expand to double or triple their size when soaked and cooked.

1 cup dry beans makes about 3 cups cooked beans.

1. Place beans in a large pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in a pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn down to low, and cook slowly until tender – about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University of Connecticut Cooperative Extension and U.S. Dry Bean Council, eatusabeans.com.