

Cooking & Using Dried Beans and Peas

Using Dried Beans & Peas

Sort through dry beans or peas and discard any that are discolored or shriveled. Rinse well. Drain. Dried beans and peas require soaking before they are cooked to replace the water lost in drying. There are two ways to do this:

Quick soak: Bring 1 pound of beans or peas and 6 cups of water to a boil. Boil 2 minutes. Remove pan from heat and let stand 1 hour. Drain.

Overnight soak: Soak beans overnight in a pan containing 6 cups of water for each pound of beans or peas. (Beans and peas soaked by this method will keep their shape better, have uniform texture, and cook more quickly). Drain.

Cooking Dried Beans & Peas

Cover the soaked beans or peas with fresh water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking. Bring beans/peas to a boil. Reduce heat to low and simmer until tender. Stir occasionally. Beans and peas are done when they are fork tender. Most varieties will take 1-1/2 to 2 hours to cook. One cup of dried beans or peas makes about 2-3 cups cooked.

Storing Dried Beans and Peas

Store dried beans and peas in an airtight (covered) container. Store in a cool, dry area. Dried beans and peas may be stored up to two years.

- ❖ One cup of dried beans or peas makes about 2 to 3 cups cooked.
 - ❖ 2 cups cooked beans = 1 - 16 oz. can beans, drained
 - ❖ One pound of dried beans = about 2 cups dry beans

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