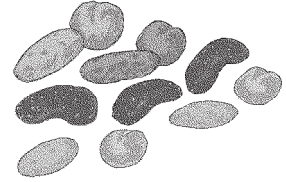


Cooking with Dry Beans



Dry beans are nutritious and inexpensive. They are also very low in fat and sodium. Dry beans are great sources of fiber, folic acid, and protein. Cooked dry beans are also a good source of iron.

To get the most protein from the beans, serve them along with grain foods such as corn, rice or wheat.

A serving size of cooked dry beans is $\frac{1}{2}$ cup.

Uses

Use beans as a tasty side dish or include it in casseroles, soups, and salads. Beans are often packaged in 1-pound bags. One pound of dry beans is equal to 2 cups. One cup of dry beans makes 3 cups of cooked beans (6 servings).

How to store them

Store dry beans in an airtight container and keep in a cool, dry place. For best taste, use them within 1 year of receiving them.

Cooked beans can either be frozen or refrigerated. Freeze cooked beans in a shallow (no more than 3 inches deep) airtight container and use them within 6 months.

Cooked beans stored in the refrigerator should also be stored in a shallow covered container. This helps the beans to cool more quickly and safely. Never place a large pot of cooked beans in the refrigerator or freezer. They may not cool fast enough to prevent someone from getting sick.

Store the cooked beans within 2 hours of preparation. Use them within 4 or 5 days.

Dry Beans (makes 6 servings, $\frac{1}{2}$ cup each)

What you need

1 cup dry beans
1 small onion, chopped (if you like)
jalapeño pepper (if you like)
salt (to taste)

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Rinse the beans with running water. Sort out any broken beans, pebbles or other objects that might be present. Rinse the sorted beans again.
3. Soak the beans: Place them in a large pot. For every 1 cup of dry beans, add 5 cups of water. Bring the beans and water to a boil and boil for 2 minutes. Remove them from the heat, cover the pot, and let it stand for 2 hours.
4. Drain the liquid from the beans and replace with fresh water (the same amount you used for soaking).
5. Add the onions and jalapeño peppers to the beans. Bring them to a boil, then reduce the heat and cook for about 2 hours or until the beans are tender. Add water as needed.
6. Add salt and serve.

Tip: Add salt when the dry beans are almost done cooking. If you add the salt when you start cooking the beans, they will be tough.

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Revision