

DRY BEANS & PEAS

Storage

- Dry beans keep for years if stored in a tight container.
- Cooked beans – Store covered in a non-metallic container in the refrigerator for 2-3 days or frozen up to 6 months.

Preparation

- Rinse dried beans in a strainer. Throw away broken or shriveled beans.
- Soak beans

Note: **Lentils and split peas do not need to be presoaked before cooking.**

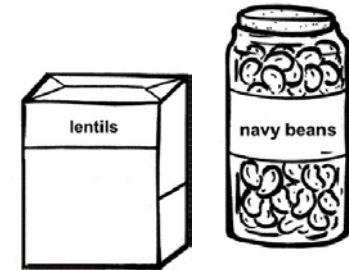
- a. **Quick Soak** Bring 8 cups of water to boil. Add 1 pound of washed, sorted beans. Boil for 2 minutes. Remove from heat, cover and let stand 1 hour.
- b. **Overnight Soak** In a large bowl place 1 pound of washed, sorted beans in 6 cups of cold water and let stand at room temperature overnight.

How Many Beans?

- 1 cup of dry navy beans = 3 cups cooked
- 1 pound (2 cups) dry navy beans = 6 cups cooked
- 1 pound cooked beans will serve 6-8 people

Cooking Beans

- 1 Drain soaked beans.
- 2 Place beans in a large pot with 6 cups of fresh water.
- 3 Bring beans to a boil. Reduce heat, cover and simmer beans until tender (1-2 hours).



Uses & Tips

- Cooked beans may be used in salads, soups, casseroles, stews, chili or as a side dish.

Quick-Cook Chili Serves 6.

- 1 lb. ground beef, pork or turkey
- 1/2 cup onion, chopped or 3 Tbsp. dried onion flakes
- 16 oz. can beans
- 10 3/4 oz. can tomato soup, condensed
- 1 Tbsp. chili powder

1. Cook meat and onion in a large skillet until meat is brown and onion is tender.
2. Drain off excess fat.
3. Stir in beans, soup and chili powder. Cover.
4. Simmer for 30 minutes, stirring occasionally.

NUTRITION FACTS (per serving) - Calories 240 ~ fat 9 g ~ calories from fat 80 ~ sodium 500 mg ~ total carbohydrate 20 g ~ fiber 6 g



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