

Cooking With Dry Beans & Peas

Preparing Dry Beans & Peas

Each pound of dry beans makes 5 - 6 cups of cooked beans.
Rinse beans and pick out stems or stones.

Soaking Beans & Peas (Note: Lentils and split peas do not need to be soaked before cooking.)

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

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, have uniform texture and cook more quickly. Overnight soaking of beans will make them more digestible producing less intestinal discomfort. Drain before cooking.

Cooking Dry Beans & Peas

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

Storing Dry Beans and Peas

- Store dry beans and peas in an airtight (covered) container. Store in a cool, dry area.
- Dry beans and peas may be stored up to two years.
- Cooked beans may be covered and refrigerated for 4-5 days.
- Freeze cooked beans - Most cooked beans freeze well (except lentils). Place 1 to 3 cups of beans in a container or plastic freezer bag. Label bags with content, quantity and date. They will keep for up to 6 months.



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