

# Dry Bean Preparation

Dry beans are an incredibly nutritious, versatile and inexpensive ingredient. The cost of one ½ cup serving of dry beans is about one-third the cost of canned beans. Cooking with dry beans is easy and rewarding, but to cook with dry beans versus canned beans you need to follow five simple steps.



## 1 Pick Through the Beans

Sift through the beans, looking for any that are off-coloured, shrivelled, or damaged. Also keep an eye out for small stones.



## 3 Soak

For most beans, it's best to soak them unless you know for sure that the beans are of a high quality and are relatively fresh.



## 5 Cook

Place soaked beans in a large pot or microwavable bowl, cover with water and bring to a boil. Once boiling, reduce the heat and simmer. Add water as needed until beans are fork tender, about 45-60 minutes.



## 2 Rinse

Rinse the beans under cold running water to remove any surface dust or dirt.



## 4 Drain and Rinse

Drain the beans, then proceed immediately to the cooking step.



## 6 Add to your favourite recipes

Prepare a delicious recipe like this [Bean Coconut Pie](#).



Do more with beans at  
[betterwithbeans.ca](http://betterwithbeans.ca)



## COOKING TIPS

- 1 cup dry = 2.5 cups cooked
- Use unsalted water – salt toughens beans during cooking.
- Lemon, vinegar and other acidic ingredients slow the cooking process. Add them once the beans are tender.
- Using baking soda to aid cooking beans is not recommended unless you have hard water. If you need to add baking soda, limit the amount to 1/8 tsp per 2 cups (0.5 mL per 500 mL) water.
- Bean cooking time varies by type. When a bean is fully cooked, the skin is still intact but the bean can easily be smashed between two fingers.
- Pre-soak beans then boil for 10-12 minutes in fresh water before adding to your slow cooker.
- During hot weather, soak beans in the refrigerator to prevent fermentation.
- Seasonings like garlic, onion or herbs can be added while the beans are cooking to add extra flavour.

## INSTANT POT FACT



You can cook beans in the Instant Pot without soaking, but we wouldn't recommend that, especially if you are just starting to incorporate beans into your diet. Soaking and then rinsing helps to remove the excess carbs and sugars that can cause gas. Soaking the beans really does help to speed up the cooking time.

