

Frugal is easy with beans!

Beans are high in protein (about 22% by volume), high in fiber, store easily and for a long time and are easy to cook.

Dried beans can be stored in jars or plastic bags or containers in a cool, dry cabinet, drawer or shelf. High humidity and temperatures are BAD for dried beans. Beans that are OLD will never cook correctly. Try to use beans up in less than a year.

Cooking dry beans avoids the BPA that might be used in can linings. Cooking dry beans eliminates the salt needed to can beans (although most salt can be easily washed off of canned beans). You can also control how soft the beans are when you cook them. This is an advantage if you want to puree the beans for a recipe, you can cook the beans a bit longer and puree them while warm so they blend super smooth.

1c dry beans, peas or lentils will expand to 2.5 cups of cooked. 1 pound of dry beans is approximately 2 cups of dry beans. So a **one pound bag of dry beans** equals 6 cups of cooked beans which is **about 4 cans of beans**. A 15 ounce can of beans is about 1 ½ cups of cooked beans.

Hamburger vs beans:

	Fat	Calories	cholesterol	Fiber
Hamburger (80% lean)-1 c cooked	36g	556	194 mg	0
Dry pinto beans, cooked-1c	2g	206	0	15.4g

Measure your beans and put them in a large bowl (like your crockpot) and fill with cold water. Water amount should be three times the amount of beans measured or more. Soak the beans overnight. As they double in size much of the water will have been absorbed by morning. In the morning, drain the beans and then rinse several times.

Note: It is the bean's complex sugars that can give you gas and indigestion after eating beans that haven't been pre-soaked. The overnight soak method reduces 60% of the complex sugars in most beans. Likewise, never cook canned beans in their liquid! Rinse several times in water and drain before cooking.

Stovetop method:

Use enough water to cover the beans and have at least one inch above the bean level. Do not use excess water, just enough to keep them from drying out during the boiling and simmering process. When checking for bean doneness, if the water level is low, add just enough to keep the beans wet toward the end of the cooking time. Bring the beans to a boil then turn the burner temperature down to the lowest setting for a gentle simmer and cover the pot with a lid, cook till the beans are done. White beans take the longest time cooking-3 hours of simmering. Black beans need 50-60 minutes, pinto beans need an hour and garbanzo beans 1.5 hours.

Crockpot method:

Place soaked beans in a crock pot with about 2.5 cups of water per 1 cup of beans. Turn crock pot turn on low and cook for 7-9 hours or turn the crock pot on high and cook for 3-5 hours. Pinto beans do best cooked on high. If they are not as soft as you desire, turn them up to high their last hour or two of cooking.

Pressure cooker method:

Pressure cookers like Instapots are probably the easiest and fastest method. However, they may require some “trial and error” as some online suggestions for cooking times may not work in YOUR kitchen. Each bean will have an ideal time range and you may find it helpful to jot down the preferred time for each bean time for repeat use. Add your overnight soaked beans to the instapot, add cooking water and set to “manual” or “pressure cook” depending on the model options. Enter the cooking time needed and any delay start desired. Upon completion, allow to naturally release which takes 10-15 minutes.

For any method-when the white foam forms, scoop it and dump it down the sink.

Freezing: Freeze portions for future use in the amounts you most generally need, usually 1 cup or 1.5 cups (since a can of beans is a heaping **1.5 cups** of beans which is the size mentioned by many recipes). Use a piece of masking tape and label the amount and kind of beans you are freezing so using in a recipe is easy to do!

See this site for stove top cooking times: http://www.chezbettay.com/pages/basics1/basics_beans1.html

See this site for sample pressure cooker cooking times: <https://rainbowplantlife.com/how-to-cook-beans-in-the-instant-pot/>