INGREDIENTS
- 1 cup dried beans in 3 cups of water yields 2 1/2 to 3 cups of cooked beans
- 1 lb of dried beans yields 5-6 cups cooked beans
- 15 oz. can yields 1 1/2 cups cooked beans, drained

DIRECTIONS
1. Wash beans and discard any which are discolored or badly formed. Check for debris and discard them. Allow beans to soak in water overnight or for 8 hours. Drain the water in which the beans have soaked before cooking.

2. Combine the soaked beans and water in a 2-quart saucepan and bring to a boil over medium heat. Reduce the heat to low, cover the pan to vent steam, and simmer the beans for 40-45 minutes. Beans are done when they can be easily mashed between two fingers or with a fork.

3. Add salt or acidic ingredients, such as vinegar, tomatoes or juice, during the last few minutes of the cooking time.

4. To freeze cooked beans for later use, immerse them in cold water until cool, then drain well and freeze. You can do this in small portions and then thaw to use as needed for recipes and meals.

Options
If you don’t have time for a slow pre-soak, you can take your washed and cleaned beans and put them in a small stock pot. Cover the beans with water by 3 inches and bring them to a boil over medium heat. Boil the beans for 10 minutes, cover them, and remove from the heat. Let them soak for an hour. Drain the beans, and then continue with their cooking.