



Cooking Guide for Dried Beans



How to Cook Beans

Before preparing dried beans, sort through them thoroughly to remove tiny pebbles or other debris.

Soaking allows the dried beans to absorb water, which shortens cooking time and aids in digestibility. They will nearly triple in size while soaking.

Soak most beans in three times their volume of cold water for six hours before cooking. For easier digestion of cooked beans, discard the soak water and add fresh water for cooking.

Do not add salt or acidic ingredients (vinegar, tomatoes) when cooking, as the beans will take longer to cook. Add these after the beans have become tender.

Bring beans to a boil, lower heat, and simmer. Check for tenderness when nearing the recommended cooking time. Test a few beans—when they can be easily mashed they are done.

Dried beans may also be cooked in a pressure cooker.

Store cooked beans in the refrigerator for up to four days. They may also be frozen.

Selection varies in each store, and some of our Markets may offer a wider variety of beans than shown here.

Search "beans" on the recipe page of our website for our own recipes.

Yields

DRIED BEANS	=	COOKED BEANS
1/3 cup	=	1 cup
1/2 cup	=	1 1/2 cups
2/3 cup	=	2 cups
1 cup	=	3 cups
2 cups (1lb)	=	6 cups

Amounts & Cooking Times

BEANS (1 cup)	WATER	TIME
Adzuki	4 cups	45-55 min.
Anasazi*	4 cups	45-55 min.
Black-Eyed Peas*	2" above beans	30-40 min.
Black Turtle*	3 cups	1 hr. 15 min.
Cannellini*	2" above beans	30-40 min.
Cranberry*	3 cups	45 min.
Fava*	4 cups	40-50 min.
Garbanzo*	3 cups	2-3 hr.
Great Northern*	3 cups	1.5-2 hr.
Kidney*	3 cups	1.5 hr.
Lentils	3 cups	30-45 min.
Lima*	3 cups	1 hr.
Mung*	3 cups	45-60 min.
Navy*	3 cups	1.5 hr.
Pinto*	3 cups	1.5 hr.
Soy Beans*	3 cups	3-4 hr.
Split Peas	3 cups	40-50 min.



Dried Bean Varieties



ADZUKI (or aduki) beans are a Japanese favorite and have a flavor similar to red beans. Sweet and relatively easy to digest. Delicious in soups, rice dishes and salads. Substitutes: red, pinto or cranberry beans.

ANASAZI beans are excellent soup beans for their flavor and appearance. Sweet and fast cooking; they have been used in southwestern recipes for hundreds of years. Great for making refried beans. Substitutes: pinto or cranberry beans.

BLACK-EYED PEAS are a traditional dish in the southern states, usually cooked with ham bones or bacon and served with hot sauce. Also called cow peas, they are also used in soups, salads, fritters, casseroles and in the dish Hoppin' John.

BLACK TURTLE beans have a strong, earthy flavor and are a staple of Latin American and Caribbean cuisine, where they're used to make side dishes, soups, bean dips and salads. Substitutes: appaloosa or calypso beans.

CANNELLINI beans, also called white kidney beans, are often used in Italian recipes including minestrone soup and bean salads. They have a smooth texture and nutty flavor. Substitutes: red kidney, great northern or navy beans.

CRANBERRY beans are known for their creamy texture with a flavor similar to chestnuts. These beans are a favorite in northern Italy and Spain. Substitutes: cannellini, great northern and pinto beans.

FAVA beans are meaty and strongly flavored, and work well in side dishes, soups and salads. The skins must be removed from the beans after soaking and before cooking. Substitutions: lima, garbanzo or soy beans.

GARBANZO beans, also known as chickpeas, combine perfectly with a variety of seasonings to produce Mediterranean falafel, hummus, creative soups and nutritious salads.

GREAT NORTHERN beans have a delicate, distinctive flavor, and are often used in cassoulets and stews. Substitutes: navy, cannellini or lima beans.

KIDNEY beans are versatile and delicious, and are often used in chili, refried beans, soups and salads. Substitutes: cannellini, navy, red or pinto beans.

LENTILS come in a variety of colors, including brown, green and orange. They are a staple in much of the Middle East and India, and can be used in side dishes, soups, stews and salads.

LIMA beans are sometimes called butter beans, due to their starchy yet buttery flavor. They are used alone as a side dish and in soups. In the South they are served with corn as succotash. Substitutes: soy, navy or fava beans.

MUNG beans are small and green, and they're often sprouted to make bean sprouts. When skinned and split, the beans are flat and yellow, and called moong dal. Substitute: adzuki.

NAVY beans are the common bean in commercially canned pork and beans. They make wonderful soups, salads and chili, and are used for making Boston baked beans. Substitutes: great northern, lima or cannellini beans.

PINTO beans are great in chili and as refried beans, and make a terrific filling for burritos. They are often served with rice and are popular in Spanish-speaking countries. Substitutes: red kidney or cranberry beans.

SOY BEANS are very nutritious, and are used to make vegetable oil, tofu, soy sauce, meat alternatives, soy milk and cheese. Use in soups, stews and casseroles.

SPLIT PEAS can be green or yellow, and are varieties of field peas that split when dried. They are most commonly used in thick soups and stews. Yellow split peas have a milder flavor.

