

## Fact Sheet: How to Soak and Cook Dry Beans

### Step 1: Soaking the Beans

Put dry beans in the cooking container (stockpot or crockpot). Fill with triple the amount of water as beans. Add 1 tablespoon (15 mL) of acid per cup of bean (for navy beans, black beans, or fava beans, or lentils) or 2 tablespoons (30 mL) of acid per cup of chickpeas (garbanzo beans). Optionally, add a pinch of baking soda to the water for all other beans.



In the Stockpot: Bring all to a light simmer, then turn off heat. Cover the pot and let beans soak a minimum of 7 hours, but preferably overnight or 12 to 24 hours.

In the Crockpot: Put the lid on the crock. Turn the crockpot to HIGH for 1/2 to 1 hour to warm up the mixture. Turn off the crockpot. Let beans soak a minimum of 7 hours, but preferably overnight or 12 to 24 hours.

### Step 2: Cooking the Beans

Drain and rinse the beans. Cover the beans in the stockpot or crockpot with water. Use at least double the amount of water as beans.

In the Stockpot: Bring the bean/water mixture to a boil, then cover all or partially as the boil reduces to a constant simmer. Watch for foam, and skim as it appears. Boil gently until beans are tender -- about an hour for soft beans, or an hour and a half for harder beans. Turn off the heat. Drain. The cooking water may be kept and used in soups.

In the Crockpot: Turn the crockpot to high for one hour, then turn down to low for the duration of the cooking time. Skim foam occasionally, but quickly so as not to lose much heat. Cooking time depends on the crockpot's heat output, but generally 8 to 12 hours cooking time is sufficient for most hard beans; soft beans such as lentils and peas will take less time. Turn off crockpot. Drain. The cooking water may be kept and used in soups.

*Note: Soft beans, such as lentils, peas, or split mung beans, will often be falling apart by the time they are tender. Therefore, I advise following a recipe that takes into account the proper amount of water for the desired food consistency.*

Optional (for hard beans): add 1/2 teaspoon (2.5 mL) baking soda or a piece of kombu (Japanese sea vegetable) to the cooking water.

Generally, 1 cup of dry beans will yield 2-1/2 to 3-1/2 cups of cooked beans.