

Making Beans From Scratch



Cooking Dried Beans from Scratch: Tastes better, saves money, controls amount of salt & seasonings used.

- 1 pound of dry beans is about 2 cups
- 1 pound of dry beans cooks up to about 4 (15 oz.) cans of beans
- 1 (15 oz.) can beans is about 1½ cups

Quick Soak method: Rinse and sort beans in a large pot. For 1 lb beans (about 2 cups) add 6—8 cups hot water. Bring to a rapid boil and boil 2 minutes. Remove from heat. Cover and let stand 1 hour. Drain and rinse.

Overnight Soak method: Rinse and sort beans in a large pot. For 1 lb beans (about 2 cups) add 6—8 cups cold water. Let soak minimum of 6—8 hours or overnight. This helps with digestibility.. Drain and rinse.

Cooking Instructions: Add 6 cups hot water to drained, rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1½—2 hours.

Freezing Cooked Dried Beans: Cook slightly less when you plan to freeze them (so they don't end up too mushy). Sort through the beans and remove any rocks or foreign objects. Rinse well and add to a bowl. Top with water and allow to soak for about 12 hours or more. Drain, rinse, add to a pot, and top with about 8 cups of water. Boil about 15 minutes. Drain off the dark water. Season and simmer on low for about 60-80 minutes or until beans can easily be mashed with the back of a spoon. Season any way you like and then store in the refrigerator or freezer. Freeze w/ plenty of liquid. Fill freezer bags with about 1 can's worth of beans, flatten, and freeze for later. They thaw quickly and taste amazing!

Crockpot (no soak) method: Rinse beans. Use about 4 parts water to one part beans. Put in the crockpot, and turn on high for about 6 hours or low for about 8-10 hours. All done!!

Instant Pot method: Takes 45 minutes; Cook for 20 minutes. Don't have to soak.

Canned: Put dry beans, spices, and water in a jar and pressure can. Cheap and easy, and you can pronounce everything in the jar. Shelf life is at least 5+ years.

Navajo method: Cook pinto beans in crock pot, cover with water. Add chopped onion and a few whole garlic cloves. Then when done (3-4 hrs), add salt, stir well, and let them cook one more hour. Mash them, then freeze them for use in burritos, or for a quick side dish.

Mexican method: Soak 2lbs beans overnight. Next morning start cooking. Once it is at a full boil add 3 chopped garlic cloves, palm full of salt, 1 tbs cumin, 1 tbs oregano, 3 bay leaves. Boil for 90 minutes. While cooking the beans be sure to scoop out the bubbles or foam off the top... bubbles in the pot = bubbles in your tummy. A favorite Mexican meal is "Bowl-o-beans:" Big scoop of beans with some of the "juice", add cubes of avocado, a scoop of sour cream, cubes of Mexican cheese. Serve with fresh warm corn tortillas.

Dehydrated: Cook up dried beans and add garlic, herbs and spices, onion and hot pepper, etc., (but no oil), and then mash them and dehydrate them. Then, you just add boiling water to rehydrate to whatever thickness you want for burrito filling, bean dip for nachos, bean soup or a base for chili.

Cautions: Dry beans will get old.... and old beans can take longer to cook, while some never get soft, and many will fall apart while cooking... so always keep an eye on their expiration date. You can add a pinch of baking soda to help make beans cook up softer.