

How to prepare dried beans

Long Soak

Step 1: Put beans in a large pot and fill with 2 inches of cold water to cover the beans

Step 2: Add 2 Tablespoons of salt

Step 3: Let the beans soak for 4-12 hours (overnight is a good time to do this)

Step 4: after soaking, drain and rinse beans. They are now ready to use!

Quick Soak

Step 1: Put beans into a large pot

Step 2: Add 6 to 8 cups of hot water

Step 3: Bring water and beans to a boil and for 2 minutes

Step 4: Remove from heat and cover. Let stand for 1 hour.

Step 5: Drain the beans and rinse with fresh water, then they are ready to use!