

Low On Meat Or Poultry?

Use Dried Beans Instead -

A Great Source Of Protein!

Dried or canned beans (such as lentils, limas, blackeye peas, garbanzos, kidney beans, and many other varieties) provide you with the protein that would be found in meat. These dried or canned beans fit nicely into the protein category.

***Benefits of Using Beans:**

One of the many benefits of using these beans as a protein source is that **they contain no cholesterol and much less fat than meat or poultry**. Beans are also easier to store and have a much longer shelf life.

Preparing Dried Beans is Easy

With the exception of lentils and split peas, all dried beans should be soaked before cooking. There are two ways to soak beans, the quick soak and the overnight soak

Quick Soak

Combine 6-8 cups hot water and 1 pound of beans. Bring to a boil, continue for 2 minutes. Set aside and cover. Let soak 1 hour.

Overnight Soak

Combine 6 cups cold water and 1 pound of beans. Soak overnight, at least 6 hours in a cool place. After soaking, drain. Rinse the beans before adding more water for cooking.

Cooking: Drain and rinse beans, put into large pot, cover with 6 cups hot water. Boil gently until the desired tenderness is reached. Simmer beans slowly. Cooking too fast breaks the skins.

Tips

1. Simmer slowly and stir infrequently, otherwise the skins may break.
2. When you add acidic food, such as tomatoes and vinegar, the cooking time increases. Add these ingredients last.
3. Beans need longer to cook at higher temperatures.
4. If you have hard water, add 1/8 teaspoon baking soda per pound of beans to shorten the cooking time.
5. Once cooked, beans can be frozen. You can thaw them out when you're ready to use them.