



How to Use Your WIC Beans

Selecting good beans:

When buying dry beans, check for firm, clean, bright color and uniform size.

Storage tips:

Dry beans can be stored in the unopened plastic bag in which they are sold. After opening, transfer the beans to an air-tight container and store in a cool, dry place.

Preparing dry beans for cooking:

Step 1:

Before soaking beans, pick through beans for dirt or foreign material. Rinse with cold water.

Step 2:

Quick soak method:

- 1. In a large pot, add at least 10 cups of water for each pound of beans.**
- 2. Boil for 2 minutes.**
- 3. Remove from heat, cover and let stand for 1 hour.**
- 4. Drain off the soaking water.**
- 5. Rinse the beans with fresh water.**

Basic Cooking:

- 1. Place the drained beans into a large pot and cover with 6 cups of water for each pound of beans.**
- 2. Bring to a boil, then turn heat down to low.**
- 3. Cover the pot and cook beans until soft but do not lose their shape (about 20 to 30 minutes).**

Cooking Hints:

- 1. Beans can be used to make casseroles, dips, salads and side dishes and soups.**
- 2. A 1 pound package of dry beans equals about 2 cups dry, or 5-6 cups cooked.**