

PREPARING DRIED BEANS

August 2020

The dry beans provided by CSFP including great northern, kidney, and pinto are all great sources of both fiber and protein. However, preparing them can be a bit of a challenge. Once they are soaked and drained, they can be stored in the freezer for up to 6 months. Storing them in amounts needed for recipes (1-2 cups) is an easy way to be prepared for cooking in the future!

Method 1: The overnight soak

Before you start, make sure your pot is large enough. Beans double to triple in size when they are soaked and cooked!

1. Place the beans in a pot and cover with water at least 3 inches above the beans.
2. Soak like this over night. Drain the soaked beans, rinse with clean water, drain again.
3. Add 3 cups clean water for every 1 cup of dry beans.
4. Bring to a boil, turn down to low heat, and cook slowly until they are tender—about 2 hours.
5. Drain the water.

Method 2: The quick soak

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Bring to boil for 2 minutes.
3. Turn off the heat, cover, and let beans soak in the water for an hour.
4. Drain the water.



SUMMER KIDNEY BEAN SALAD

This recipe makes 8 servings

Sourced from Utah Food Bank

CSFP Ingredients

- 3/4 cup kidney beans, dry
- 1 can corn, drained
- 1 can diced tomatoes, drained

Additional Ingredients

- 2 1/4 cup water
- 1 TBSP white vinegar
- 1 TBSP brown sugar
- 1/8 tsp ground cumin
- 1/2 TBSP dried onion flakes
- Salt and pepper to taste

Directions

1. Prepare the dried beans according to the instructions on the back of this page
2. Combine kidney beans, corn, and tomatoes in a salad bowl
3. Whisk together vinegar, brown sugar, cumin, onion flakes, salt, and pepper in a separate bowl. Spoon liquid from bowl of kidney bean mixture into dressing if needed for extra moisture. Mix until brown sugar has dissolved.
4. Pour dressing over bean mixture and stir.
5. Refrigerate at least 1 hour, serve cold.