

How to Prepare Dry Beans

This technique is for people who have trouble digesting beans. It will start the sprouting process making the beans easier to digest and quicker to cook. The soaking can be done from 24 to 72 hours. The longer they soak the more digestible they become.

I always have a bowl or two of beans on the go. I cook more than I will need for one dish and then keep them in the fridge for up to 3 days or freeze them for later. I use them to make things like:

- Humus
- To put on top of salads
- Huevos rancheros (for breakfast with my eggs and some salsa)
- Bean wraps
- Soups
- Fried rice
- I put a tablespoon in my smoothies with a tablespoon of Brown rice creating a whole protein
- Bean salad
- Stir fry

Day 1:

Put one cup of dry beans into a large bowl. Add 1/8 cup of apple cider vinegar and fill the bowl with water so that the beans are 1 inch below the water line. Let sit for 24 hours

Day 2:

Rinse well in a colander. Wash the bowl and put the beans back into it. Cut up 3 or 4 chunks of fresh ginger and put those in the bowl with the beans. Fill with water to one inch above the beans and let sit for another 24 hours.

Day 3:

Rinse your beans in a colander again, wash the bowl, take out the ginger and then soak the beans again for another 24 hours. You can skip this step and cook your beans now but if you have a lot of problems digesting beans I recommend the third soaking.

Cooking your beans:

Rinse your beans thoroughly with water. Put them into a large pot (a pressure cooker is preferred) add enough water so that the beans are 2 -3 inches below the water line. Bring the water to a boil and continue to boil until the beans are tender (see cooking chart below). Once they are cooked rinse them thoroughly with water and they are ready to use.

Bean Cooking Chart

Dried Beans (1 cup)	Soaking Time	Regular Cooking Time	Pressure Cooking Time
Adzuki	24 – 48 hours	45 - 50 min.	15 - 20 min.
Black (Turtle)	24 – 48 hours	45 - 60 min.	15 - 20 min.
Black-Eyed Pea	24 – 48 hours	1 hr.	10 min.
Chick-Pea	24 – 48 – 48 hours	1 1/2 - 2 1/2 hr.	15 - 20 min.
Fava	24 – 48 hours	45 - 60 min.	not recommended
Kidney	24 – 48 hours	1 - 1 1/2 hr.	10 min.
Lentil, Red	24 hours	20 - 30 min.	5 - 7 min.
Lentil, Green	24 hours	30 - 45 min.	6 - 8 min.
Lima	24 – 48 hours	60 - 90 min.	not recommended
Lima, Baby	24 – 48 hours	45 - 50 min.	not recommended
Mung	24 – 48 hours	1 - 1 1/2 hr.	8 - 10 min.
Pea, Split	none	35 - 40 min.	not recommended
Pinto	24 – 48 hours	1 1/2 hr.	10 min.



Soybean	24-48 hours	3 hr.	15 min.
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