

A Simple Guide to Cooking Dried Beans

Note: These instructions are NOT for lentils, split peas, or adzuki beans that do not require soaking.

Nutrition Benefits

Beans are a budget-friendly protein, high in fiber, iron, and potassium.

They help you feel full longer and make meals more nutritious.



Storage & Quality Check

Storage:

- Keep dried beans in a cool, dry place in their original bag or a clean jar.
- Properly stored dried beans last a long time, but very old beans may take longer to soften.

Check Before Cooking:

- Look for stones, damaged beans, or debris—remove these.
- Rinse beans under cold water.



Step-by-Step: How to Cook Dried Beans

Soak (for softer beans + shorter cooking)

Two easy methods:

Overnight Soak:

1. Put beans in a large bowl or pot.
2. Add enough water to cover them by a few inches.
3. Soak 8–12 hours.
4. Drain and rinse.



Quick Soak (when short on time):

1. Place beans in a pot and cover with water.
2. Bring to a boil for 2 minutes.
3. Turn off heat and let sit 1 hour.
4. Drain and rinse.

Cook

1. Put soaked beans in a pot and cover with fresh water (2–3 inches above beans).
2. Bring to a boil, then reduce to a simmer.
3. Cook 45–90 minutes, depending on the type of bean.
4. Add salt in the last 10–15 minutes if using.
5. Beans are done when soft but not falling apart.

Tip: Tough beans? They may be old. Keep simmering until tender.

Special Notes for Garbanzo Beans (Chickpeas)

- Chickpeas take longer to cook than many beans.
- After soaking, they usually need 60–90 minutes of simmering.
- For extra-soft chickpeas (for hummus or mashing), simmer up to 2 hours or add a pinch of baking soda to the cooking water.
- Cooked chickpeas freeze well and can be used for soups, salads, or roasting.



Resources and Recipe links:

loveandlemons.com/roasted-chickpeas/
themediterraneandish.com/how-to-cook-chickpeas/
inspiredtaste.net/26952/how-to-cook-dried-chickpeas/
loveandlemons.com/roasted-chickpeas/

simplyrecipes.com/recipes/how_to_cook_dried_beans/
naturalcomfortkitchen.com/how-to-cook-dried-beans/
loveandlemons.com/how-to-cook-beans/
eatfresh.org/discover-foods/beans/
snaped.fns.usda.gov/resources/nutrition-education-materials/recipes/baked-beans
myplate.gov/eat-healthy/protein-foods/beans-peas-lentils

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Flavor Boosters (Optional)

Add any of these while cooking for extra taste:

- Onion (fresh or powdered)
- Garlic (fresh or powdered)
- Bay leaf
- Chili powder, paprika, or pepper
- A spoonful of oil
- A spoonful of tomato sauce (add near the end so beans soften properly)
- Salt—add late to prevent tough skins

After cooking, try adding:

- Salsa
- Hot sauce
- A little vinegar or lemon juice
- Shredded cheese
- Cooked vegetables



How to Use Cooked Beans



- Beans + rice = inexpensive, filling meal
- Add to soups, casseroles, or pasta
- Mash for tacos or wraps
- Add cold beans to salads or grain bowls
- Roast chickpeas for a crunchy snack
- Freeze leftovers in containers or bags

Recipes using cooked beans

Basic Seasoned Beans

Ingredients:

- 2 cups cooked beans
- 1–2 tsp oil (optional)
- Salt, pepper, garlic powder, onion powder
- Optional: small spoonful of salsa

Directions:

1. Heat a pan with oil (or skip oil and heat beans with a splash of water).
2. Add cooked beans and season to taste.
3. Stir and heat 5–10 minutes.
4. Serve with rice, tortillas, or vegetables.



Easy Roasted Chickpeas



Adapted from Love & Lemons

Ingredients:

- 2 cups cooked chickpeas
- 1–2 tsp oil
- Salt
- Optional spices: paprika, chili powder, garlic powder, cumin, or cinnamon

Directions:

1. Heat oven to 400°F.
2. Pat chickpeas dry with a towel (the drier they are, the crispier they get).
3. Spread chickpeas on a baking sheet. Drizzle with oil and sprinkle with salt.
4. Roast 20–30 minutes, shaking the pan halfway through.
5. Sprinkle with optional spices while warm.
6. Eat as a snack or add to salads and bowls.