

How To Cook Beans 6 Cups or 12 Servings

Preparing Dried Beans

- 2 cups large dried beans (e.g. garbanzo, black, pinto, navy, kidney, lima)
- In a large bowl, soak beans in double the volume of water (2 cups beans uses 4 cups water).
- Let stand for 8 hours. You could do this before going to bed and let them soak overnight.
- Alternatively, you can bring the water to a boil, add beans, turn off the heat, cover, and soak for only 2 hours. Drain and rinse. Cook beans according to the recipe below.

Cooking Beans (soaked as above)

6 cups water

3-inch piece of kombu*, soaked 5 minutes in cold water

1 tsp Celtic sea salt

*Kombu is a seaweed that contains glutamic acid which acts as a natural bean tenderizer. It also adds vitamins and minerals to any dish and helps prevent flatulence.

- Place beans, fresh water, and kombu in a pot; bring to a boil.
- Lower heat and let simmer, covered, until beans are quite tender (55–60 minutes).
- A well-cooked bean can be easily mashed in the roof of your mouth with your tongue. Add water during cooking if needed.
- Add salt to beans when finished cooking.