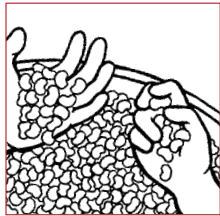




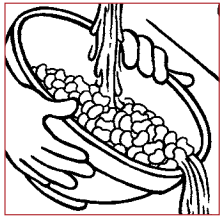
# Beans for Powerful Nutrition!

*Beans add nutrition and flavor to any meal.  
Follow the directions below for cooking and storing beans.*



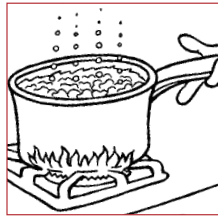
**-1-**

Examine the beans and throw away any foreign particles or beans that are discolored or shriveled.



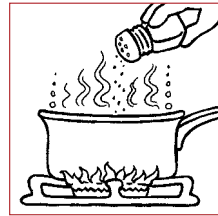
**-2-**

Rinse the beans with water and then drain the water. Put the beans in a large pot and add fresh water to cover the beans.



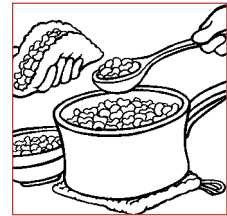
**-3-**

Heat the beans and water to boiling, then, turn the heat down to LOW and cover the pot. Since beans soak up water, you may need to add more water during cooking.



**-4-**

Add seasonings to the beans while they cook. However, if you add salt, do so only after the beans are cooked, because salt toughens beans.



**-5-**

When the cooked beans are soft, they are ready to eat.



## Suggested Cooking Times

<b>Bean Type (1 cup / 230 g)</b>	<b>Water for Cooking</b>	<b>Cooking Time</b>
Kidney	3 cups (710 mL)	2.0 hours
Blackeyed Peas / Cowpeas	2 1/2 cups (590 mL)	0.5 hours
Pinto	2 1/2 cups (590 mL)	0.5 hours
Navy	3 cups (710 mL)	2.0 hours
Black	2 1/2 cups (590 mL)	0.5 hours
Great Northern	3 cups (710 mL)	2.0 hours
Lima	3 cups (710 mL)	2.0 hours

## Storage Directions

- Uncooked, dry beans should be stored in a tightly sealed container and kept in a dry area. Beans can be stored for up to one year for maximum flavor. While storage time does not affect nutrient value, beans may require longer cook times as they age.
- Cooked beans, if chilled, will keep for up to five days, in a covered container. Do not store beans in their original cooking pot! After cooking, place leftover beans in tightly covered containers, to allow for proper cooling and storage.



**Eat More Beans for Health!**

