**Dried Beans**

Sort and remove any foreign matter. Rinse well. Soak 1 cup of beans in 3-4 cups of water overnight (8-12 hrs).

*Quick soak=bring water and beans to boil for 2 minutes only. Remove from heat, let stand for 1-2 hours.* To cook, bring beans to boil in the soaked water, cook 1 ½ to 3 hours. Add more liquid if necessary. Try adding other ingredients to add flavor. Cooked beans may be refrigerated up to 4 days or may be frozen for later use.

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