

Simple Bean Recipes

Dry Beans

One-Cup Dry Beans	Water	Simmer	Yield
Black Beans	8 Cups	90 Minutes	4 Cups
Black-Eyed Peas	6 Cups	60 Minutes	4 Cups
Great Northern White	7 Cups	60 Minutes	4 Cups
Kidney Beans Pink	6 Cups	50 Minutes	4 Cups
Lentils Tiny Green	6 Cups	35 Minutes	4.5 Cups
Lima Beans Green	6 Cups	90 Minutes	2.5 Cups
Navy Beans White	6 Cups	50 Minutes	4 Cups
Pinto Beans Spotted	6 Cups	90 Minutes	4 Cups
Pink Beans	6 Cups	60 Minutes	4 Cups
Red Beans	6 Cups	120 Minutes	4 Cups

Sort beans. Remove twigs and defective beans. Rinse beans. Discard rinse water. (Do not soak Lentils.) Soak beans overnight in water using above table. Do NOT discard the soak water. After soaking, add just enough water to cover the beans. Cover the pot and simmer without salt using above table. Add salt to taste at table.

Refried Beans

1 can beans	2 tbsp. oil	1 tsp. onion powder
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Heat oil and add the onion powder. Add the cooked beans (pinto or kidney). Mash the beans with the back of a wooden spoon or potato masher. Simmer for 6 minutes over low heat. May be eaten as a side dish or mixed half-and-half with ground meat as a filling for tacos or burritos or stuffed peppers.