

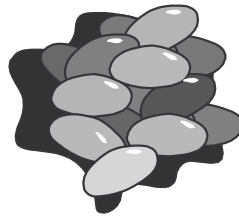


Cooking and Using Dried Beans and Peas

Prepared by MSU Extension Food Safety Area of Expertise Team; edited by Joyce McGarry, MSU Extension

Beans and peas are good for you

Beans and peas are an inexpensive source of protein, iron, thiamin, riboflavin and fiber. For a nutritious meatless meal, combine beans with rice or corn to provide high quality complete protein. If you are on a special diet, remember that beans and peas are low in sodium and fat.



simmer until tender. Stir occasionally. Beans and peas are done when they are fork tender. Most varieties will cook in 1 1/2 to 2 hours or less, if previously soaked.

One pound of dried beans = about 2 cups dry beans..

One cup of dried beans or peas makes about 2 to 3 cups cooked.

Two cups cooked beans = 16 oz. can of beans, drained.

How to store dried beans and peas

Store beans and peas in an airtight container, in a cool, dry area. Dried beans and peas do not need to be refrigerated and will keep up to 2 years if properly stored.

Using dried beans and peas



Sort through dry beans or peas and discard any that are discolored or shriveled. Rinse well. Drain. Dried beans and peas require soaking before they are cooked to replace the water lost in drying. There are two ways to do this:

Quick soak: Bring 1 pound of beans or peas and 6 cups of water to a boil. Boil 2 minutes. Remove the pan from heat and let stand 1 hour. Drain, discarding the soaking water.

Overnight soak: Soak beans at room temperature overnight in a pan containing 6 cups of water for each pound of beans or peas. (Beans and peas soaked by this method will keep their shape better, have uniform texture, and cook more quickly than those prepared by the quick-soak method). Drain, and discard the soaking water.

Cooking dried beans and peas

Cover the soaked beans or peas with fresh water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking. Bring beans/peas to a boil. Reduce heat to low and

Using beans and peas in recipes



Beans and peas are versatile enough to fit in a variety of recipes.

Here are some suggestions.

Navy (white pea beans)	Baked beans, soup or casseroles
Kidney (or red beans)	Baked beans, chili and other Mexican dishes, salads, dips, casseroles
Pinto beans and yellow-eyed beans	Chili, refried beans and other Mexican dishes
Lima beans and black-eyed peas	Casseroles, main dish, vegetable
Great northern beans	Soups, salads, casseroles, baked beans
Black beans	Soups, Oriental dishes, casseroles
Cranberry and garbanzo beans	Italian dishes
Split peas	Soup, sandwich spread

**For more information about safe food handling
and preparation:**

FDA's Food Information Hotline
1-888-SAFEFOOD (1-888-723-3366)

USDA's Meat and Poultry Hotline
1-800-535-4555

FDA's Food Information and Seafood Hotline
1-800-332-4010

United States Food Safety Web Site
www.foodsafety.gov

The Food Domain. Michigan State University
www.fooddomain.msu.edu

Extension Disaster Education Network
www.eden.lsu.edu

Federal Emergency Management Agency
www.fema.gov



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