**Why eat beans?**

- **Good source of fiber which aids in digestion.**
- **Increases heart health and reduces risk of heart disease.**
- **Rich in vitamins and minerals.**

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### Two Soaking Methods

#### Quick Soak

1. **Add Beans & Water**
   - Add 1 pound of dried beans into a 4 quart saucepan and cover with water.
   - Cover with a lid and bring to a boil.

2. **Boil for 2 Minutes**
   - Let beans boil for 2 minutes covered, then turn off heat. Let sit covered for one hour.

3. **Drain & Rinse**
   - Drain and rinse beans. They are ready to cook using any method you like.

#### Overnight Soak

1. **Add Beans & Water**
   - Add 1 pound of dried beans to a large bowl and cover beans with about 2 inches of water.

2. **Soak Overnight**
   - Let beans soak overnight at room temperature.

3. **Drain & Rinse**
   - Drain and rinse beans. They are ready to cook using any method you like.

#### Microwave

1. **Add Soaked Beans & Water**
   - In a large microwavable bowl, for every 1 pound of beans add 6 cups of water.

2. **Cook on Low**
   - Pour enough water over the beans to cover them by 2 inches. Cover with a lid and cook on low for 6-8 hours.

3. **Reduce Heat**
   - Microwave on high until water is boiling for 8-10 minutes.
   - Reduce power to 50% and cook another 15-20 minutes or until beans are tender.

#### Crockpot

1. **Add Soaked Beans**
   - Add soaked beans to crockpot.

2. **Cook on Low**
   - Pour enough water over the beans to cover them by 2 inches. Cover with a lid and cook on low for 6-8 hours.

#### Stovetop

1. **Add Soaked Beans & Water**
   - Place soaked beans in pot, cover with at least 2 inches of water. Turn heat to low.

2. **Cook Until Tender**
   - Cook beans until tender, stirring occasionally. Never let water reach a rolling boil.

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