

OVERNIGHT SOAK METHOD

Note: Make sure you use a pot large enough, since beans expand to double or triple their size when soaked and cooked.

1 CUP DRY BEANS MAKES ABOUT 3 CUPS COOKED BEANS.

1. Place beans in a pot and cover with water at least 3 inches above the beans.
2. Soak overnight. Drain the soaked beans; rinse with clean water and drain again.
3. Put beans in pot (or keep in same one), add clean water (about 3 cups if you started with 1 cup of dry beans), bring to a boil, turn the heat down to low, and cook slowly until tender—about 2 hours.
4. You may need to add more water during cooking. The beans are now ready to use in recipes that call for cooked or canned beans.

Note: For recipes with a long cooking time, like soups or baked beans, you can use the drained beans once they have soaked overnight, then follow directions in the recipe.

Adapted from University and Connecticut Cooperative Extension and U.S Dry Bean Council

FULL OF BEANS HOT DISH

MAKES ABOUT 8 SERVINGS

Ingredients

- 2 cups great northern beans, cooked
- 1 pound ground beef
- 1 large onion, chopped
- ¼ cup brown sugar (or regular sugar)
- ½ cup ketchup
- 2 tablespoons vinegar
- ½ teaspoon black pepper
- 2 cups kidney beans, cooked, or 1 can (about 15 ounces) of kidney beans
- 1 can (about 15 ounces) vegetarian beans

Directions

1. Preheat oven to 350 degrees F.
2. In a large skillet, thoroughly cook ground beef and onion until browned. Be sure all pink color is gone from meat and juices. Do not undercook ground beef. Carefully wash your hands and any surfaces that have come in contact with raw meat.
3. Drain off and throw away any fat from the skillet.
4. Add brown sugar, ketchup, vinegar, pepper, and beans and mix well.
5. Place in casserole dish.
6. Bake in oven for 1 hour.

Nutritional Information for 1 serving of Full of Beans Hot Dish

Calories	300	Cholesterol	50 mg	Sugar	16 g	Vitamin c	5 mg
Calories from Fat	70	Sodium	400 mg	Protein	25 g	Calcium	87 mg
Total Fat	7 g	Total Carbohydrate	43 g	Vitamin A	10 RAE	Iron	4 mg
Saturated Fat	3 g	Dietary Fiber	9 g				

Recipe provided by SNAP-ED Connection Recipe Finder