

Frugal is easy with beans!

Beans are high in protein (about 22% by volume), high in fiber, store easily and for a long time and are easy to cook.

Beans are an excellent source of folate and antioxidants and serve to stabilize glucose levels and provide anti-inflammatory relief. They improve gut health by increasing beneficial gut bacteria and fight fatty liver disease and cancer.

Dried beans can be stored in jars or plastic bags or containers in a cool, dry cabinet, drawer or shelf. High humidity and temperatures are BAD for dried beans. Beans that are OLD will never cook correctly.

1c dry beans, peas or lentils will expand to 2.5 cups of cooked. 1 pound of dry beans is approximately 2 cups of dry beans. So a **one pound bag of dry beans** equals 6 cups of cooked beans which is **about 4 cans of beans** which makes up part of 4 meals for about one dollar.

Hamburger vs beans:

	Fat	Calories	cholesterol	Price per cooked cup	Fiber
Hamburger (80% lean)-1 c cooked	36g	556	194 mg	\$3.10	0
Dry pinto beans, cooked-1c	2g	206	0	.21	15.4g

Measure your beans and put them in a large bowl and fill with cold water. Water amount should be three times the amount of beans measured or more. Soak the beans overnight. As they double in size most of the water will have been absorbed by morning. In the morning, drain the beans and then rinse several times. Alternatively, do a quick soak by placing beans in a bowl of hot water for an hour. Drain and rinse as if soaked overnight.

Note: It is the bean's complex sugars that can give you gas and indigestion after eating beans that haven't been pre-soaked. The overnight soak method reduces 60% of the complex sugars in most beans. Likewise, never cook canned beans in their liquid! Rinse several times in water and drain before cooking. Finally, your gut only has the bacteria needed to digest regularly consumed foods. So eating beans regularly allows your gut to grow beneficial bacteria to digest beans.

Stovetop method:

Use enough water to cover the beans and have at least one inch above the bean level. Do not use excess water, just enough to keep them from drying out during the boiling and simmering process. When checking for bean doneness, if the water level is low, add just enough to keep the beans wet toward the end of the cooking time. Bring the beans to a boil then turn the burner temperature down to the lowest setting for a gentle simmer and cover the pot with a lid, cook till the beans are done. White beans take the longest time cooking-3 hours of simmering. Black beans need 50-60 minutes, pinto beans need an hour and garbanzo beans 1.5 hours.

Crockpot method:

Place soaked beans in a crock pot with about 2.5 cups of water per 1 cup of beans. Turn crock pot turn on low and cook for 7-9 hours or turn the crock pot on high and cook for 3-5 hours. Pinto beans do best cooked on high. If they are not as soft as you desire, turn them up to high their last hour or two of cooking.

For any method-when the white foam forms, scoop it and dump it down the sink.

Pressure Cooker method:

Place soaked beans in pot and cover with water not to exceed on half full. Cook and do natural release to prevent foaming. Sample cooking times in minutes for 1 cup dry beans: Navy/Northern-7; Black-8; Kidney-8; lentils-1 minute

Freezing: Freeze portions for future use in the amounts you most generally need, usually 1 cup or 1.5 cups. Note, a can of beans is a heaping **1.5 cups** of beans which is the size mentioned by many recipes. Use a piece of masking tape and label the amount and kind of beans you are freezing so using in a recipe is easy to do!

See this site for stove top cooking times: http://www.chezbettay.com/pages/basics1/basics_beans1.html