



# COOKING DRY BEANS

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## *DRIED BEAN CONVERSIONS*

- 1 pound dry beans = 2 cups dried
- 1 pound dry beans = 6 cups cooked
- 1 cup dry beans = 3 cups cooked
- 1/2 cup cooked beans = 1 MyPlate serving

## *PRESSURE COOKING*

- Use an electric pressure cooker, such as an Instant Pot, no soaking required.
- Rinse beans and remove any stones.
- Add 3 cups of water for every 1 cup of dry beans.
- Place the lid on and set to high pressure, cooking times will vary based on bean.
  - Garbanzo Beans ( Chickpeas) 40 minutes
  - Kidney Beans 45 minutes
  - Black Beans 35 minutes
  - Pinto Beans 30 minutes
  - Black Eyed Peas 30 minutes
- Once cooking time is complete, let natural release.

## *STORAGE/COOKING*

- Dry beans can be stored at room temperature in your food pantry for up to 1 year.
- Cooked beans can be stored in the refrigerator for 3-4 days or up to 6 months in the freezer.
- Label and date food stored in the freezer to rotate foods and keep them fresh.

## *SOAKING METHODS*

- **Overnight/Traditional**
  - Place beans in a large container and cover with three times as much water.
  - Soak for 8 hours or overnight
  - Drain and rinse beans with fresh water before cooking.
- **Quick Soak**
  - Place beans in a large pot and add 3 cups of water for every cup of beans.
  - Heat to boiling and boil for 2-3 more minutes.
  - Take beans off heat and let sit for 1 hour.
  - Drain beans and rinse with fresh water before cooking.
- **Hot Soak**
  - Place beans in large pot and add 5 cups of water for every 1 cup beans.
  - Heat to boiling and boil for 2-3 more minutes.
  - Remove from heat, cover and let stand for 4-24 hours.
  - Drain beans and rinse with fresh water before cooking.

Source: USDA Bean Basics Toolkit

Photo Credit: Canva