



**GOOD  
FOOD**

**S T O R E**

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)

# How to Prepare Bulk Beans

Cooking instructions for preparing the varieties of dry beans found in the Good Food Store bulk department.

One cup dry beans yields 3 cups cooked.

(Updated 07/02/2014)

## **Adzuki Beans**

Code 1200

Boil 3 cups water and pinch of salt.  
Add 1 cup adzuki beans. Reduce heat  
and simmer 90 minutes.

## **Black Beans**

Codes 1202, 1203

Soak overnight. Drain. Boil 3 cups water  
and pinch of salt. Add 1 cup black beans.  
Reduce heat and simmer 90 minutes.

## **Black Eyed Peas**

Code 1204

Soak overnight. Drain. Boil 3 cups water  
and pinch of salt. Add 1 cup black eyed  
peas. Reduce heat and simmer 90 minutes.

## **Cannellini Beans**

Code 1231

Soak overnight. Drain. Add 1 cup cannellini  
beans to 3 cup water. Simmer in soaking  
water 90 minutes.

## **Chili Beans**

Code 1205

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup chili beans. Reduce heat and  
simmer 2 hours.

## **Fava Beans**

Code 1201

Soak 1 cup fava beans in 4 cups water  
overnight. Drain. Remove tough  
outer skin. Simmer 1 cup beans in 4  
cups water for 2 1/2 hours.

## **Garbanzo Beans**

Code 1206

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup garbanzo beans. Reduce heat  
and simmer 3 hours.

## **Great Northern Beans**

Code 1229

Soak overnight. Drain. Boil 3 cups water.  
Add 1 cup great northern beans. Reduce  
heat and simmer 90 minutes.

## **Kidney Beans**

Code 1227

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup kidney beans. Reduce heat and  
simmer 90 minutes.

## **Lima Beans**

Codes 1207, 1216

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup lima beans. Reduce heat and  
simmer 60 minutes.

## **Lentils**

(french green, green, pardina, red)

Codes 1210, 1212, , 1213, 1214

Wash lentils and drain. Add 3 cups fresh  
water or broth for every cup of lentils.

Cover and bring to a boil. Reduce heat  
and simmer just until soft, 20-45 minutes  
depending on variety. Drain.



(continued on back)

**Lentils** (black beluga, harvest gold)

Codes 1215, 1224

Wash lentils and drain. Add 2 1/2 cups fresh water or broth for every cup of lentils. Cover and bring to a boil. Reduce heat and simmer just until soft, approximately 15-20 minutes. Drain.

**Mung Beans**

Code 1217

Wash beans and drain. Cover with cold water, discard floaters and soak 4 to 8 hours in a cool place. Drain. Add 3 cups fresh water for every cup of beans. Cover, bring to a boil. Simmer until soft; 45-60 minutes.

**Mung Beans, Split Yellow (Mung Dahl)**

Code 1211

Add 1 cup mung dahl to 4 1/2 cups water. Bring to a boil on medium heat. Let boil until dahl begins to break up.

**Navy Beans**

Code 1218

Soak overnight. Drain. Boil 4 cups water. Add 1 cup navy beans. Reduce heat and simmer 2 1/2 hours.

**Pinto Beans**

Codes 1222, 1223

Soak overnight. Drain. Boil 4 cups water. Add 1 cup pinto beans. reduce heat and simmer 2 hours.

**Soy Beans**

Code 1225

Soak in refrigerator overnight. Boil 3 cups water. Add 1 cup soybeans. Reduce heat and simmer 3 to 4 hours.

**Split Peas (green, yellow)**

Codes 1219, 1220, 1221

Boil 2 cups water. Add 1 cup split peas. Reduce heat and simmer 45 minutes.

**Thirteen Bean Soup Mix**

Code 1226

Rinse 2 cups mix, then soak overnight. Drain in the morning and rinse again. Combine with 2 quarts water and bring to a boil. Reduce heat and simmer for 3 to 3 1/2 hours.