

Bulk Beans Preparation

Note: 1 cup dry beans typically yields 3 cups cooked.

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 2½ 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 1208

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.

Lentils (black beluga, harvest gold)

Codes 1215, 1224

Wash lentils and drain. Add 2½ 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 4–8 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 4½ 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 2½ hours.

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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 3–4 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 3–3½ hours.