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Beans and Lentils

COOKING

STEP 1: Wash and Sort
Remove damaged beans, small rocks, sticks, and anything that does not belong, then rinse beans in cold water.

STEP 2: Soak
For each 2 cups of sorted and washed dry beans, add 10 cups hot water in a pot large enough for beans to expand. Boil 2-3 minutes, cover and soak 4-12 hours. Drain off the soak water and rinse beans.

STEP 3: Cook
Put soaked, drained and rinsed beans into a 3-4 quart pot with 6 cups hot water, 2 tbsp vegetable oil, and 2 tsp salt. Boil gently until beans reach desired tenderness (usually 1-2 hours). The best way to judge if they are done is to bite a bean.

Quick Soak Method
Completely cover beans with water. Heat to boiling. Let boil 2-3 minutes. Set aside for at least one hour. The longer the soaking time the better. Longer soaking time makes beans easier to digest and less gassy. Drain, rinse, and cook as directed before.

Why use beans and lentils?
- Low cost
- High in protein, fiber, iron, B-vitamins, and calcium
- Low in fat, salt, and cholesterol
- Great taste!!

Source: Fakler-Pauley L. Bean Cuisine. Utah Department of Health: Salt Lake City, Utah.

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### Lentil Salad

1 lb dry lentils (2 cups) - rinsed and drained  
5 cups water or chicken bouillon broth  
1 cup low-fat Italian or vinaigrette dressing  
2 hard boiled eggs – chopped  
2 tomatoes – diced  
1/2 cup sweet onion (yellow) – chopped  
2 cups shredded cheese  
1 cup cucumber – diced

1. In large saucepan, combine lentils and the broth or water. Cover pan with lid and cook until tender (about 15-20 minutes).  
2. Stir every once in a while.  
3. Drain well.  
4. Toss warm lentils with dressing. Allow to cool.  
5. Stir in eggs, tomatoes, onion, cheese, and cucumber.  
6. Toss well. Can be served immediately or chilled for several hours. Serves 6.  
**To cool lentils faster after cooking, drain cooking water, run cold water over lentils until they reach desired temperature, drain again.

Cook beans longer at higher altitudes.

Taste test beans and lentils often for desired tenderness.

Leave beans slightly firmer if using them in a salad.

Thaw frozen beans slowly. They will keep their shape better.

Add foods like chili sauce, lemon juice, vinegar, catsup last so they will not increase cooking time.

To save time, forget about soaking lentils or split peas because they do not need it before cooking.

To freeze, slightly undercook beans. Cool quickly, uncovered, seal and freeze.

### Savory beans:  
1 tbsp oil  
2 tsp onion salt  
1/4 tsp garlic salt  
1/4 tsp pepper  
1 tbsp chicken bouillon

For each 2 cups of dry beans, follow soaking & cooking directions on previous page. Add ingredients to the left when begin cooking.

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