

Cooking times

1 cup of dried beans yields between 2-3 cups of cooked beans. For 1 cup of beans, use the following amount of water and cooking times **after pre-soaking:**

1 cup beans (serves 2-3)	Water	Cooking time
Adzuki	2" to cover	1 hour
Anasazi	"	1 ½-2 hours
Black Turtle	"	1 ½ hours
Cannellini	"	1 ½ hours
Cranberry	"	1 ½-2 hours
Chestnut Lima	"	1 ½-2 hours
Flagolet	"	1 ½-2 hours
Garbanzo (chick peas)	"	2-3 hours
Great Northern	"	1½-2 hours
Jacob's Cattle	"	1 ¼-1 ½ hours
Kidney	"	1 ½ hours
King of the Early	"	1 ½-2 hours
Lima	"	1 ½ hours
Marfax	"	1 ½-2 hours
Mung	"	45-60 min.
Navy	"	1 ½ hours
Pinto	"	1 ½ hours
Red Chili	"	1 ½ hours
Scarlet Runner	"	1 ½-2 hours
Solider	"	1 ¼-1 ½ hours
Soy	"	1 ½-2 hours
Tiger's Eye	"	1 ¼-1 ½ hours
Yellow-Eye	"	1 ¼-1 ½ hours

Vermont Maple Baked Beans

1 pound yellow-eye beans or navy beans
Pinch baking soda
½ tsp. salt
1 tsp. dry mustard
1 onion, peeled and chopped
½ cup maple syrup

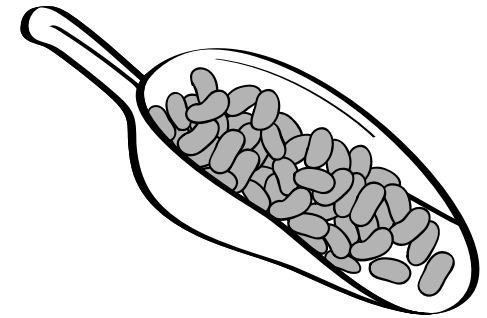
Soak beans in cold water with a pinch of baking soda overnight. The next day, rinse beans. Boil gently in fresh water to cover until just tender, about 1 hour. Drain off water and retain. Preheat oven to 325 degrees. Place onion in the bottom of a heavy, oven-proof casserole dish. Add remaining ingredients. Pour in bean water just to cover. Bake, covered, for 1½ - 3 hours. Check occasionally; add more water as needed. For the last ½ hour, cook uncovered to brown top.

About City Market, Onion River Co-op

City Market, Onion River Co-op is a consumer cooperative, with over 11,700 Members, selling wholesome food and other products while building a vibrant, empowered community and a healthier world, all in a sustainable manner. Located in downtown Burlington, Vermont, City Market provides a large selection of local, organic and conventional foods, and thousands of Vermont-made products.

Visit City Market, Onion River Co-op online at www.CityMarket.coop or call 802-861-9700.

Dried Beans



Dried beans offer great flavor and variety at a great price. City Market stocks a rainbow of colors in our Bulk section, with some local favorites, too. Easy to store at home, with a little planning they can be soaked in the evening and used dozens of ways the next day. Taste how different dried beans are from their canned counterparts, and discover special varieties available in Bulk.



Your Community-Owned Grocery Store
82 South Winooski Avenue
Burlington, VT 05401
(802) 861-9700 • www.CityMarket.coop

About Dried Beans

Beans are a good source of protein and minerals. When combined with a whole grain such as rice or corn, they provide protein comparable to that of meat or dairy. They also provide both soluble and insoluble fiber that we need in our diet.

Dried beans are more economical than canned. Try cooking a pound of beans once/week (you can also freeze small amounts in their cooking liquid). Use them in everything from soup and pasta sauce to tuna salad. Stuff beans in baked squash or zucchini boats, mix them with greens (add soy sauce for an Asian taste, currants and pine nuts for an Italian one), and don't forget the burritos, quesadillas, and wraps.

Did you know? Bean dishes thicken as they cool and their seasonings and flavors continue to deepen, making them even better the next day!

Storage

Store dried beans in a cool, dark, dry place like a pantry or cupboard. Mark the date on the containers and use within 1 year. The older the beans, the drier and harder they become and the longer they take to cook.

Easy on Digestion

Beans have a reputation for causing gas, but actually, they don't have to! Here are some ways to avoid it:

- Don't use old beans! Our Bulk bins are refilled often.
- Rinse beans well after soaking. This helps remove substances that cause gas.
- Cook beans with a 3-inch strip of kombu seaweed (available in Bulk) to make them more digestible while adding valuable minerals.
- Don't add any salt or acid (such as canned tomatoes) to beans while they are cooking - this toughens them. Add these ingredients toward the end.



Local Spotlight: Morningstar Farm

Located in Glover, VT Morningstar Farm is a certified organic farm run by Seth and Jeannette Johnson, which produces a variety of local organic beans for our Bulk Department. Look for these varieties:

Black Turtle - small black beans that are extremely versatile. Enjoy in burritos, quesadillas, huevos rancheros, dip or soup.

King of the Early - resemble kidney beans in taste and appearance, but have white specks. Much of the color fades in the cooking and soaking process, but they remain multicolored. Use in similar dishes as kidney beans.

Jacob's Cattle - resemble kidney beans, but these are multi-colored ranging from light brown to light red in color. Much of the color fades in the cooking and soaking process, but they remain colored in a cow-like speckled pattern. Use in similar dishes as kidney beans.

Light Red Kidney - large reddish beans that are great for heartier dishes such as chili, beans and rice, stew, and stuffed squash or peppers. Light Red Kidney beans, and similar varieties such as king of the early, Jacob's cattle, and tiger's eye, are firmer beans that will keep their shape and stand out.

Soldier Beans - similar in shape to kidney beans, soldier beans are an heirloom variety that are great for soups, stews, and chili. They get their name from their cooking, as the beans are white with a small red print that looks like a standing soldier.

Tiger's Eye - very attractive golden brown beans with a darker brown outline. These beans resemble a kidney bean in shape and texture. Most of the color fades in the cooking and soaking process. Use as you would kidney beans.

Pinto - small brownish beans; most commonly used in refried beans. Also use in baked beans, dip or soup.

Marfax - appearance and taste similar to pinto beans; use in similar dishes.

Yellow Eye – similar in appearance to cannellini beans, but with a golden eye shape in the center. These are a smaller variety of beans that are quite soft when cooked. Use in dips, soups and spreads.

Soaking & cooking dried beans

Soaking: Measure out beans and enough cold water to cover them in a large bowl or pot and soak 8 hours or overnight. The smaller the bean, the less time it needs to soak - for example, black beans can be soaked in the morning and cooked in the evening.

Quick-soak method: A same-day method that works best with smaller beans. Measure out beans and bring to a boil with 3 times the amount of water. Turn off the heat, cover the pot, and set aside for 1-2 hours before proceeding with cooking.

Cooking: Rinse and drain pre-soaked beans and place in a pot with 3 times the amount of water, or amount specified by the recipe (it should be enough to amply cover the beans).

Optional: Add a strip of kombu seaweed to increase the flavor and digestibility of the beans as they cook (available in our Bulk section near the spices). You can also add onion, garlic, ginger, or spices - but no salt at this point.

Bring water to a boil, reduce heat to low, and simmer with the lid ajar until beans are tender.

Seasoning and serving: When beans are tender, drain off any extra water or blend the water in to make soup. Season to taste with salt.