

Bean Cooking Times

1 cup of dried beans yields between 2-3 cups of cooked beans. For 1 cup of beans, use 2" of water to cover along with the following cooking times after pre-soaking:

1 cup beans (serves 2-3)	Cook Time
Adzuki	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
Floget	1 ½-2 hours
Garbanzo (chick peas)	2-3 hours
Great Northern	1 ½-2 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
Soldier	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**Ingredients:**

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

Instructions:

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 F. 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 the top.

Dried Beans

City Market
Onion River Co-op

Your Community-Owned Grocery Stores

Downtown **Burlington, VT** South End
www.citymarket.coop

City Market
Onion River Co-op

About Dried Beans

Dried beans offer great flavor and variety at a reasonable price. Here at City Market, we stock a wide variety of dried beans, including some local options from Morningstar Farm and the Burundian Farmers' Cooperative. Dried beans are easy to store for long periods of time and with a little planning, can offer an affordable and environmentally friendly alternative to canned beans. Combine with whole grains for a hearty meal filled with your daily dose of proteins and minerals.

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. Soaking your beans helps them cook faster and more evenly, and it also makes them easier to digest.

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, set aside for 1-2 hours, then drain before proceeding with cooking.

Cooking: Rinse and drain pre-soaked beans and place in a pot with 3 times the amount of water, enough to amply cover the beans. Bring water to a boil, reduce heat to low, and simmer with the lid ajar until beans are tender (see chart for specific cooking times and measurements)

Storage & Tips

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. Cooked beans freeze well, so consider cooking a large batch and freezing for easy future use.

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

- 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.

Specialty Bean Varieties in Bulk

Adzuki - these small, red beans originated in China. Unlike most other beans adzuki beans are sweet. Traditionally, cooked adzuki beans are mashed up to make a paste to fill pastries and other sweet treats.

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

Cranberry - pink-speckled beans that are creamy and flavorful. Can be used as a substitute for pinto beans. Great in soups, stews or just on their own.

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.

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



MORNINGSTAR MEADOW FARM

- Glover, Vermont -

Morningstar Meadow Farm
Glover, Vermont

Morningstar Farm is operated by Seth and Jeannette Johnson. The farm specializes in organic dry beans, and Seth and Jeannette enjoy growing a variety of different beans, including more well-known varieties, such as yellow-eyed beans and black beans, as well as less well-known varieties, like King of the Early beans and tiger eyes.

