

Cooking Dried Legumes

Prep Time: 5 minutes

Cook Time: 3 hours

Servings: variable

Ingredients:

- 1 bag dried chick peas, kidney beans, navy beans or other legume (except lentils)
- large stock pot

Procedure:

1. Rinse beans well and discard any discoloured ones or stones you might find.
2. Place dried beans in large stock pot. Cover with double the amount of water.
3. Bring to a boil, then shut off the burner. Let sit undisturbed for 60 minutes.
4. Drain beans (careful they will still be hot) and return to big pot. Cover again with double the amount of water. Bring to a boil again, then reduce heat to barely simmering. Cook about 90 minutes or until beans are of a desired tenderness.
5. Beans can be drained, cooled and used immediately in your recipe. You can also divide into recipe sized portions and freeze for up to six months. To use, defrost in fridge or use the microwave if in a hurry. Suitable for making hummus, curries, baked beans and more.

by
Cheryl Gordon
Yoga Therapist