

LD  
5655 DRY BEANS  
A761 AND PEAS  
M1154  
XC-68  
C.2



Dry beans, peas, and lentils are food bargains. They provide a lot of energy and nutrition at a low cost.

Buy in "see through" types of packages.

Look for:

Brightness of color - Loss of color usually indicates long storage and lack of freshness.

Uniform size - Mixed sizes will result in uneven cooking since smaller beans cook faster than larger ones.

No visible defects - Cracked seed coats, foreign matter, and pinholes caused by insect damage are signs of a low quality product.

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Store in a tightly covered container in a dry, cool place.

## PREPARATION TIPS

Wash beans, peas, and lentils, removing any foreign matter.

Dry beans and whole peas should be soaked before cooking. Split peas and lentils may be boiled without soaking.

A quick soak method is to boil beans and whole peas for two minutes. Remove from heat and soak one hour before cooking. Split peas need only 1/2 hour soaking time. Or soak beans and whole peas overnight.

Add a teaspoon of salt for each cup of dry beans, peas or lentils. For special flavor, add onions, herbs, or meat. Add all seasonings after the soak period.

Boil gently and stir very little to keep bean skins from breaking.

Dry beans, peas, and lentils expand when cooked. One cup of dried beans yields 2 to 2 3/4 cups of cooked beans.

MF-68

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