



**GOOD  
FOOD**

**S T O R E**

1600 S. 3rd. St. West  
Missoula, MT 59801  
406-541-FOOD (3663)

# How to Prepare Bulk Beans

Cooking instructions for preparing the varieties of dry beans found in the Good Food Store bulk department.

One cup dry beans yields 3 cups cooked.

## **Adzuki Beans**

Code 1200

Boil 3 cups water and pinch of salt.  
Add 1 cup adzuki beans. Reduce heat  
and simmer 90 minutes.

## **Anasazi Beans**

Code 1228

Wash beans and drain. Cover with cold  
water, discard floaters and soak 4 to 8  
hours in a cool place. Drain and add 3  
cups water for every cup of beans.  
Cover and bring to a boil. Simmer until  
soft, approximately 1 1/2 hours.

## **Black Beans**

Codes 1202, 1203

Soak overnight. Drain. Boil 3 cups water  
and pinch of salt. Add 1 cup black beans.  
Reduce heat and simmer 90 minutes.

## **Black Eyed Peas**

Code 1204

Soak overnight. Drain. Boil 3 cups water  
and pinch of salt. Add 1 cup black eyed  
peas. Reduce heat and simmer 90 minutes.

## **Calico Bean Mix**

Code 1230

Rinse 1 lb. bean mix. Soak for 2 hours or  
overnight. Drain. Add bean mix to 8 cups  
water and 1 teaspoon salt. Bring to a boil,  
reduce heat and simmer for 2 1/2 hours.

## **Cannellini Beans**

Code 1231

Soak overnight. Drain. Add 1 cup cannellini  
beans to 3 cup water. Simmer in soaking  
water 90 minutes.

## **Chili Beans**

Code 1205

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup chili beans. Reduce heat and  
simmer 2 hours.

## **Fava Beans**

Code 1226

Soak 1 cup fava beans in 4 cups water  
overnight. Drain. Remove tough outer  
skin. Simmer 1 cup beans in 4 cups water  
for 2 1/2 hours.

## **Garbanzo Beans**

Code 1207

Soak overnight. Drain. Boil 4 cups water.  
Add 1 cup garbanzo beans. Reduce heat  
and simmer 3 hours.

## **Great Northern Beans**

Codes 1208, 1229

Soak overnight. Drain. Boil 3 cups water.  
Add 1 cup great northern beans. Reduce  
heat and simmer 90 minutes.



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**Kidney Beans**

Codes 1209, 1227

Soak overnight. Drain. Boil 4 cups water. Add 1 cup kidney beans. Reduce heat and simmer 90 minutes.

**Lima Beans**

Codes 1207, 1216

Soak overnight. Drain. Boil 4 cups water. Add 1 cup lima beans. Reduce heat and simmer 60 minutes.

**Lentils**

(Black Beluga, French Green, Green, Red, yellow)

Codes 1210, 1211, 1212, , 1213, 1214, 1215

Boil 2 cups water. Add 1 cup lentils. Reduce heat and simmer 20 to 45 minutes.

**Navy Beans**

Code 1218

Soak overnight. Drain. Boil 4 cups water. Add 1 cup navy beans. Reduce heat and simmer 2 1/2 hours.

**Pinto Beans**

Codes 1222, 1223

Soak overnight. Drain. Boil 4 cups water. Add 1 cup pinto beans. reduce heat and simmer 2 hours.

**Soy Beans**

Code 1225

Soak in refrigerator overnight. Boil 3 cups water. Add 1 cup soybeans. Reduce heat and simmer 3 to 4 hours.

**Split Peas (green, yellow)**

Codes 1219, 1220, 1221

Boil 2 cups water. Add 1 cup split peas. Reduce heat and simmer 45 minutes.

**Seven Bean & Barley Mix**

Code 1224

Rinse 1 lb. mix. Soak for 2 hours or overnight. Drain. In pot, sauté 2 small onions in oil until tender. Add soup mix, 8 cups water and 2 teaspoons salt. Bring to boil, lower heat, and simmer for 2 1/2 hours or until tender.