

# HOW TO USE THESE PINTO BEANS

**QUICK SOAKING:** In a pot or large bowl, combine 1 pound dried beans with 2 quarts hot water. Heat to boiling and cook for 2 minutes. Turn off heat. Cover and let stand for 1 hour. Drain; discard water.

**LONG SOAKING:** In pot or large bowl, combine 1 pound dried beans with 2 quarts cold water. Soak overnight. Drain; discard water.

**TO COOK BEANS:** After draining soaked beans, add 2 quarts fresh water and bring to a boil. Reduce heat and simmer, partially covered, until beans are tender (1 to 2 hours, depending on kind of beans used). When beans are tender, add salt to taste. Beans double in size during cooking; 1 pound dry beans yields about 4 cups cooked beans.

## WITH THE COOKED BEANS:

- Add to canned soups, stews, or chili to make them go further.
- Add to cooked rice or macaroni with seasonings for a hearty main dish.
- Make your own refried beans – add ½ cup cooking liquid to 4 cups cooked, mashed beans. Heat and season to taste.

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