

114 Highfield St, Moncton, NB
Tel: (506) 875-5709
doctor@reneepurdy.com
www.reneepurdy.com

The Basics on Cooking Beans

- 1.** Sort through the beans and pick out any rocks or shriveled, discolored beans. Place them into a bowl, rinse them and fill the bowl with water and 1 Tbsp of apple cider vinegar. Let them soak for at least 8 hours. The vinegar will help break down sugars for easier digestions.
- 2.** Drain off the soaking water and rinse well.
- 3.** Place the beans into a large pot and fill with fresh water.
- 4.** Simmer until the beans are cooked through (timing will depend on what variety of bean you are cooking). You can take a few beans out of the pot every once in a while and taste them, if they are soft and mash easily then they are done.
- 5.** Once the beans have cooled a bit, you place them into containers for freezing. Make sure you pour some of that bean cooking liquid over the beans before freezing. They seem to freeze better if suspended in liquid. Store the remainder of your beans in glass containers in the fridge.