

# How to prepare...

## Soaking Tips:

Traditional Method: Soak beans for at least 4 hours or overnight in a large pot filled with water.

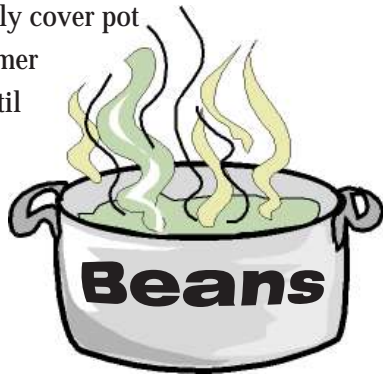
Quick Method: Bring water to a boil and let beans soak in hot water for 1 to 4 hours.

## Cooking Tips:

1. Drain and rinse soaked beans. Cover with 6 cups water for each pound of dry beans.

2. To keep legumes from foaming during cooking, add 1/4 teaspoon oil to the water.

3. Partially cover pot and simmer beans until cooked.



Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.

# How to prepare...

## Soaking Tips:

Traditional Method: Soak beans for at least 4 hours or overnight in a large pot filled with water.

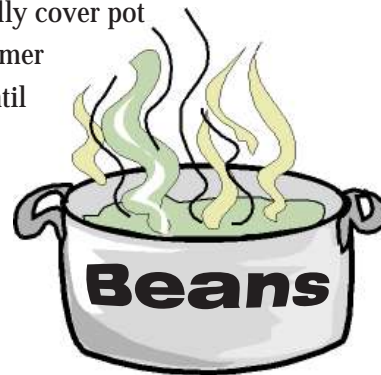
Quick Method: Bring water to a boil and let beans soak in hot water for 1 to 4 hours.

## Cooking Tips:

1. Drain and rinse soaked beans. Cover with 6 cups water for each pound of dry beans.

2. To keep legumes from foaming during cooking, add 1/4 teaspoon oil to the water.

3. Partially cover pot and simmer beans until cooked.



Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.

# How to prepare...

## Soaking Tips:

Traditional Method: Soak beans for at least 4 hours or overnight in a large pot filled with water.

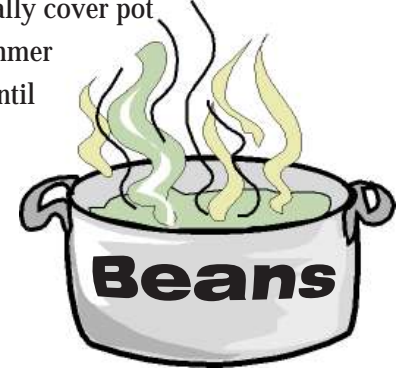
Quick Method: Bring water to a boil and let beans soak in hot water for 1 to 4 hours.

## Cooking Tips:

1. Drain and rinse soaked beans. Cover with 6 cups water for each pound of dry beans.

2. To keep legumes from foaming during cooking, add 1/4 teaspoon oil to the water.

3. Partially cover pot and simmer beans until cooked.



Produced by the Family Nutrition Program within Family and Consumer Sciences, Cooperative Extension Service, Kansas State University, Manhattan, Kansas. This is an equal opportunity program. All educational programs and materials available without discrimination on the basis of color, national origin, age, sex, handicap, political beliefs or religion. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, DC 20250.

# LEGUMES

---



Legumes are dried peas, beans, and lentils.  
Some foods included in this category are:

black beans  
black-eyed peas  
kidney beans - black and red  
chick-pea or garbanzo beans  
lentils - green, yellow or orange  
lima beans  
navy beans  
pinto beans  
soybeans

## Legumes are...

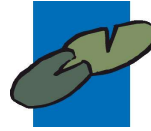
- Nutritious, Flavorful, and Inexpensive
- A member of the Meat Group
- A good source of protein and a great fiber source!

1/4 cup of cooked legumes counts as one ounce of meat!

By using foods like legumes to provide the protein your body needs, meals without meat can be complete!

# LEGUMES

---



Legumes are dried peas, beans, and lentils.  
Some foods included in this category are:

black beans  
black-eyed peas  
kidney beans - black and red  
chick-pea or garbanzo beans  
lentils - green, yellow or orange  
lima beans  
navy beans  
pinto beans  
soybeans

## Legumes are...

- Nutritious, Flavorful, and Inexpensive
- A member of the Meat Group
- A good source of protein and a great fiber source!

1/4 cup of cooked legumes counts as one ounce of meat!

By using foods like legumes to provide the protein your body needs, meals without meat can be complete!

# LEGUMES

---



Legumes are dried peas, beans, and lentils.  
Some foods included in this category are:

black beans  
black-eyed peas  
kidney beans - black and red  
chick-pea or garbanzo beans  
lentils - green, yellow or orange  
lima beans  
navy beans  
pinto beans  
soybeans

## Legumes are...

- Nutritious, Flavorful, and Inexpensive
- A member of the Meat Group
- A good source of protein and a great fiber source!

1/4 cup of cooked legumes counts as one ounce of meat!

By using foods like legumes to provide the protein your body needs, meals without meat can be complete!