

# How to Cook Dried Kidney Beans



## TIPS:

1. **Nutrition:** 1 cup (about 6 tablespoons) of cooked dark kidney beans, *reconstituted from their dried state as shown here*, contains 225 calories, 11 grams of fiber, 15 grams of protein, 40 grams of carbohydrate, 2 milligrams of sodium (which is far less than even a low salt canned version of these beans), 1 grams of fat (most of which is unsaturated), and no cholesterol. The combination of nutrients in these

beans make them uniquely powerful to support digestive systems, stabilize blood sugar, and enhance satiety (the state of not feeling the need to eat).

2. **Fiber and bloating:** If you're not used to eating foods high in fiber, like kidney beans, experts advise starting with small amounts to minimize bloating sensations and then steadily increasing quantities in small increments as your body gets used to them.

3. **Presoaking kidney beans:** Presoaking kidney beans before cooking them is highly recommended (and easy to do) both to shorten cooking time and to retain the maximum amount of nutrients. There are two presoaking methods shown here: one that requires about 8-hours time and no cooking and another that uses the microwave oven to cook the beans for 5 minutes followed by 2 hours of soaking time. If you don't have a microwave oven, you can cook the beans soaked in water in a pot until the water comes to a full boil, and then turn off the stove heat and let the beans continue to soak in the warm water also for at least 2 hours.

**Cooking Time:** about 1 hour (60 minutes) after first presoaking the beans as mentioned in Tip 3 above.

### Needed

**(to make 4 or so cups cooked kidney beans)**

**2 Cups Dry Kidney Beans**

**4 Cups Water**

**1/2 - 1 Teaspoon Salt (optional)**

Measuring Cup

Large Bowl (used to presoak beans - **NOTE:** use a *microwave safe bowl* if you plan to use the quicker bean presoaking method shown in step 1)

Colander or Strainer

Medium (3-4 quart) Pot with Top

Large Spoon

Timer





1. Measure about **2 cups of dried kidney beans**, and...



...pour the **beans** into a large bowl.



Fill the bowl mostly full with **cold tap water** so that the **beans** are well submerged,...



...and then *either* let the **beans** soak overnight or during the day for at least 8 hours as shown in the picture on the left below, *or* put the bowl in the microwave oven, cook for 5 minutes at HIGH heat or 100% power, remove the bowl from the microwave oven *when it is safe enough to touch comfortably*, and then let the **beans** soak for at least 2 hours, until...

Presoaking beans  
at room  
temperature for at  
least 8 hours



Quicker 2-hour bean  
presoaking method  
using microwave oven



...they look about like this.





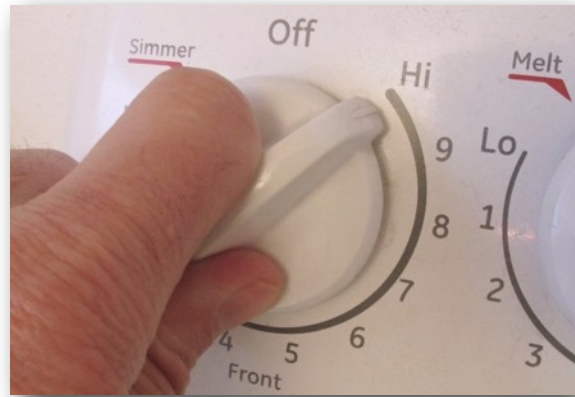
2. Pour the **presoaked beans** into a colander or strainer and give them a good hand-scrubbing rinse the with cold running water.



3. Pour the **rinsed beans** into a medium-sized pot, and fill the pot with enough **cold tap water** so that the **beans** are well submerged.



4. Put the pot on the stove, turn on the burner heat to HIGH.



5. Cook until the **water** comes to a full, rapid boil.  
Then...



...turn the burner heat down to LOW, wait until the water stops bubbling (as shown in the picture below right),...





...and cover the pot with a top, making sure to leave space for steam to escape, and set a timer for 1 hour (60 minutes).



5. When the timer sounds, check the **cooked kidney beans** for doneness by carefully scooping **1 bean** from the pot, cooling it a bit, and then biting into it. The **bean** should be soft to chew. If, however, the **bean** is crunchy in the middle and/or difficult to chew,...



...keep cooking the **beans** over low heat and checking for doneness at 30-minute intervals until the **beans** are softly comfortable to chew.

6. When the **beans** are cooked to doneness, add an optional **1/2 - 1 teaspoon of salt** to the pot (Adding salt at the beginning of cooking kidney beans apparently makes them tough to chew. The beans you see here, cooked with no salt, were very tender - excellent!). Stir the **beans** with a big spoon and then...





...pour them into a colander or strainer in the sink, rinse them with running water, and either use them as is, or...



...let the **cooked beans** cool until they are safe to handle before putting them in a sealed container (below left) or sturdy plastic bag (below right),...



or





...to store either in the refrigerator for about 1 week or in the freezer for 1-2 months.



or



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