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## **SIMPLE SEASONED BEANS**

Preparing beans from scratch provides a launch point for many great meals. Beans, water, and maybe a little salt, is all you need. Add the “suggested seasoning” or your favorite herbs and spices.

### **Ingredients:**

2 c. dry beans (*Yields 6 cups of cooked beans*)  
1 tsp. salt or 1-2 plant-based bouillon cubes (optional)  
Water

### **Suggested Optional Seasoning:**

14 ounce can of fire roasted diced green chile or roasted poblano peppers  
14 ounce can diced tomatoes or fire roasted tomatoes  
1 onion, diced  
1 bunch cilantro, chopped  
2 cloves garlic, minced  
½ tsp. cumin powder  
1 ½ tsp. oregano  
Salt and pepper to taste

### **Soak the beans:**

Sort through the beans and discard any that don't look right. Rinse thoroughly and place them in a large bowl. Cover with at least 4 inches of water and allow to soak overnight or about 8 hours. Well soaked beans should be uniformly swollen. Drain and rinse again.

## **Cook the beans:**

### **Stovetop Directions:**

In a 6-quart pot, add the soaked beans, salt/bouillon, and enough water to cover the beans by 2 inches. Heat the beans on medium heat until they come to a light boil, then reduce the heat to low. Cover, stirring occasionally. Skim off and discard any foam that comes to the surface as the beans start to cook. Simmer for 1-3 hours or until soft. The beans are done when they mash easily when pinched between your fingers.

### **Season the Beans:**

Add any or all of the “suggested optional seasonings”. Cover and cook over low heat for 30 minutes.

### **Instant Pot Directions:**

Add the soaked beans, salt/bouillon, any or all of the “suggested optional seasonings”, and just enough water to cover the beans. Close the vent and push the option for “beans”. The machine will beep to indicate when cooking is finished. Wait another 15 minutes for the pressure to release naturally.

## **Here are some additions to help with legume digestion.**

Pick one or more, and add when cooking the beans:

3 bay leaves

1-2 inch square of kombu seaweed

1 tsp dry epazote leaves

¼ tsp asafoetida powder

**Buen Provecho! Enjoy!**