

Dried Beans Recipe



Yield: 4-6 cups

Ingredients

2 cups dried beans, rinsed

1 carrot

1 celery stalk

1 onion

2 cloves of garlic

1 Tablespoon olive oil

3 bay leaves

1 teaspoon cumin

Salt to taste

Instructions for Adults

Assist children with cooking on the stovetop, boiling water, and safety.

Instructions for Kids

- Place beans in a large bowl. Cover with water (the water should be at least 2-3 inches above the beans). Cover the bowl with a lid. Allow the beans to soak overnight on the counter, or for 8 hours.
- Pour beans into a colander. Rinse.
- Cut carrot, celery, and onion into 1 inch pieces. Mince garlic.
- Add oil to a large stock pot and heat over medium heat.
- Add the carrot, celery, onion and garlic and cook until softened (3-5 minutes). Add the beans and bay leaves, cover with new water (water should be 2 inches above the beans).
- Bring to a boil over high heat. Make sure to scoop off any foam that forms and discard.
- Cover with a lid and reduce heat to a simmer. Simmer for 20 to 40 minutes, or until beans are tender.
- Add salt and cumin. Stir. Remove bay leaves and allow to cool slightly before eating.
- Leftovers can be stored in the fridge for 1 week.

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