

## **Basic Beans**

*Use this basic recipe whenever cooked or canned beans are called for.*

1 c. dried beans  
Water for soaking  
2 ½ c. water  
1 Tbs. olive oil or other vegetable oil  
1 tsp. salt

Sort beans and remove any stones or bad beans. Soak beans in water. In a medium saucepan, combine drained soaked beans, 2 ½.c. water, oil and salt. Bring to a boil; reduce heat. Cover and simmer until beans are tender (about 1 to 1 ½ hours). (Beans that have been stored for an extended period of time will take longer to cook than fresh beans). Makes about 2-3 c. of beans.

*-Jennifer Reynolds*