

Eat Smart • Move More

Slow Cooker Beans

Prep Time: 5 minutes

Total Time: 16 hours



Ingredients

1 pound dried beans, rinsed and checked for debris
8 cups water

Nutrition Facts

8 servings per container	
Serving size	1 serving (293g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 9g	32%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 3mg	15%
Potassium 672mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- To soak the beans, either cover with water and leave to sit overnight or use the quick soak method. To quick soak beans, bring them to a boil and let simmer for about 2 minutes.
- Cover, remove from heat, and allow to sit for 1 hour.
- After soaking, drain the water. Place beans in the slow cooker and add enough water to cover by about 2 inches.
- Add desired herbs, seasonings, or spices. NOTE: Seasonings with salt should not be added until beans have cooked and softened. Salt will prevent the skin of the beans from softening, if added to the initial cooking stages.
- Cook on low for 8 hours or until beans are tender.

Quick Tips

- ▶ Any variety of bean can be used.
- ▶ Bay leaves, dried chiles, garlic, parsley, pepper, rosemary, sage, or thyme make great flavor additions.
- ▶ Add leftovers to soups, salads, rice, or serve with our Double Cornbread.

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