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.