

# The Healthy Cook

*Many of our healthy recipes call for unsalted canned beans. But you can also start with your own beans cooked from scratch. Just keep in mind that a 15-ounce can of beans contains about 1½–1¾ cups of cooked beans.*

## Cooking dry beans and lentils

*Note: 1 pound of dry beans (about 2½ cups) makes 6–8 cups of cooked beans.*

1. **Spread the beans out** on a rimmed baking pan. Remove and discard any small pebbles or bits of debris.
2. **Rinse and drain** the beans.
3. **Soaking:** You can cook beans without soaking, but soaking them overnight in cold water cuts the cooking time. (Discard the soaking water and use fresh water when you cook them.)
4. In a large pot, **add the beans and any aromatics** you like—a bay leaf or two, a few thyme sprigs, a couple cloves of garlic—and enough water to cover the beans by 2 inches.
5. Over high heat, **bring the pot to a full boil**. Boil for 5 minutes.
6. **Lower to a gentle simmer** and cook until the beans are tender, about 45–75 minutes (about 15–25 minutes for lentils).
7. **Remove the herbs and garlic.** Store the beans in their cooking liquid for up to a week in the refrigerator or 3 months in the freezer.

