How to Cook Dry Beans

One cup of dry beans makes 2½ cups of cooked beans.

1. Wash beans. Let them drain.

2. Put beans in a large pot.

3. Heat water and beans to boiling. Let them boil for 2 minutes.


   **Turn heat to low.**
   Cook until beans are tender. Cook about 1 to 2 hours. Some beans cook faster than others.

How to Make Bean Sausage

1. Cooked dry beans. You can use canned beans. Mash the cooked beans.

2. Bread broken into very small pieces. Add bread crumbs to beans. Stir.


4. Powdered sage, pepper, and powdered sage to beans. Stir well.

5. Make bean mixture into patties.

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Bean Sausage

This recipe makes 8 to 10 patties.

What You Use

- 2 cups cooked dry beans
- 11/2 cups bread crumbs
- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 1/2 teaspoons powdered sage
- A little flour
- Nonstick cooking spray

6. Sprinkle a little flour on the patties. This makes them brown better.

7. Nonstick cooking spray

Heat spray in a frying pan.

8. Fry patties on medium heat.

Turn patties.
Brown both sides.

A good diet has meat, poultry, fish, eggs, cheese, or dry beans or peas every day. A good diet has milk and bread. It also has vegetables and fruits.

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