

How to Cook Dry Beans

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

1.

Wash beans. Let them drain.

1 cup

Dry beans

Put beans in a large pot.

2.

Water 4 cups

Add water to beans.

3.

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

4.

Take off heat. Cover pot with a lid. Let beans sit for 1 hour.

5.

Put pot back on heat. Let water boil. **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.

2 cups

BEANS

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

2.

Bread broken into very small pieces. 1½ cups

Add bread crumbs to beans. Stir.

3.

2 eggs

Milk

½ cup

Break eggs in a small bowl. Add milk. Beat.

Add eggs and milk to beans. Stir.

4.

Powdered sage 1½ teaspoons

Pepper 1 teaspoon

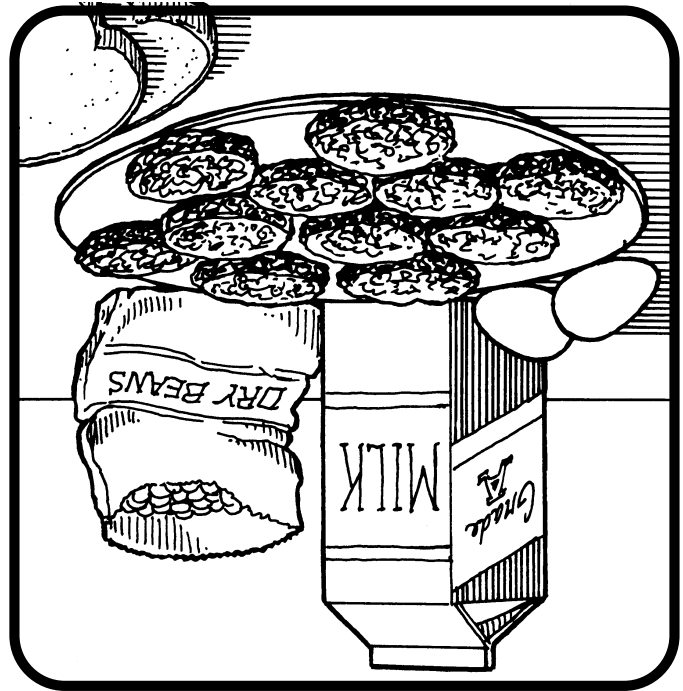
Salt ½ teaspoon

Add salt, pepper, and powdered sage to beans. Stir well.

5.

Make bean mixture into patties.

See next page



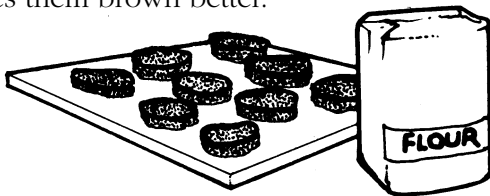
This recipe makes 8 to 10 patties.

Bean Sausage

- What You Use**
- 2 cups **cooked** dry beans
 - 1 1/2 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

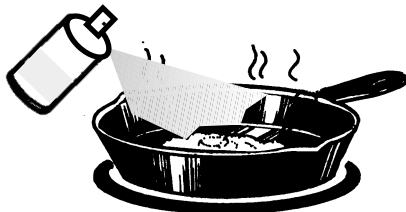
6.

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.*