

Fast Beans

This recipe will make about 8 cups of beans



Ingredients

8 oz beans of your choice (not lentils)

4 cups water, generously salted

This recipe was submitted by Martha Rayon

Directions:

1. Place the beans in a large pot and cover with 1 inch of water. Soak for 8 hours or overnight.
2. Drain and rinse the beans well.
3. Transfer the beans to an 8-quart pressure cooker. Add 4 cups of water and a generous pinch of salt.
4. Lock the lid and cook on high pressure for 7 minutes. Allow the pressure to release naturally for 10 minutes, then carefully release any remaining pressure.
5. Test the beans for doneness—they should be firm but not soft. If they need more time, cook briefly again with a shorter release.
6. Let the beans cool completely.
7. Line the freeze-dryer trays with parchment paper and spread the cooled beans evenly on the trays.
8. Place the trays in a deep freezer for at least 24 hours to pre-freeze.
9. Set the freeze dryer to 0°F freeze temperature, 120°F drying temperature, and up to 24 hours of extra dry time if needed.
10. Freeze Dry (My cycle time average is 30 hours)

Rehydration:

To rehydrate, start with water equal to one-third the amount of freeze-dried beans, then slowly add more until you reach the desired consistency.

Notes:

Rehydrated beans are best added to soups or stews.

Nutritional Value Per 1 serving: dependent on type of beans used

Calories: Protein: g Fat: g Carbohydrates: g Sugar: g Fiber: g