



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

PREPPING BEANS FROM SCRATCH

If you have a sensitive system, you may want to soak your beans first to dissolve some of the carbohydrates that can cause gassiness. Soaking is most easily done by pouring four times the volume of water as beans into a large container and letting it sit overnight. Drain and rinse before setting them to cook.

Cooking beans:

- Dump the beans into a large pot or slow cooker; cover with twice the volume water and put a lid on top.
- If using a pot:
 - Bring to a boil, then turn the heat to low and let simmer for two hours (make sure it doesn't boil dry; add extra water if needed).
 - Check occasionally until you are happy with the consistency.
- If using a slow cooker:
 - Set it on low and leave for up to 6 hours.
 - Check occasionally for consistency.
- If you have a pressure cooker, follow the instructions for your device.
- Once beans are firm but tender (kind of like a good parent!), drain and rinse, and use as you normally would. You can also freeze cooked beans for when you need them quickly.