



# DRIED BEANS

Cafeteria Connection

## Tell Me about Dried Beans

Beans are part of the legume family with peas, lentils, and soy. Legumes produce pods with seeds inside. Dried beans are the mature bean seeds that are left on the plant until they have fully dried inside their seedpods. Dried beans can be safely stored for up to a year in a food grade storage bag and maintain nutritional value.

## Crediting Information

- Dried beans may credit towards the Meat/Meat Alternates (MMA) or Vegetable meal pattern component, but not as both in the same meal.
- As an MMA component, 1/4 cup cooked beans credits as 1 oz eq MMA.
- MMA are measured in ounce equivalents (oz eq). An oz eq of MMA is the amount of food representing the same nutritional content as 1 ounce of edible portion of lean meat without the bone.
- In School Meals, Beans counted as an MMA component at lunch can credit toward the weekly Beans, Peas & Lentils vegetable sub-group requirement.
- As a Vegetable component, beans credit as volume served. For example, 1/4 cup cooked beans credit as 1/4 cup vegetable.
- The standard conversion for dried beans to cooked is 1 cup dried beans equals 3 cups cooked beans.
- Vegetables must be fresh, frozen, canned, or full-strength vegetable juice, referred to as 100% juice, to credit as a vegetable component. Dried vegetables, including beans, peas, and lentils, must be reconstituted to credit toward reimbursable meals. Please confirm crediting requirements for dried vegetables with your specialist.



## Nutrition Facts

Beans contain a uniquely large range of essential nutrients, including protein, fiber, potassium, iron, folate, and zinc. They also carry some harder to find nutrients like phosphorus, copper, magnesium, manganese, and several important antioxidants.



Dried beans, credit: WSDA





## Selection and Storage

- Each type of bean has a different flavor and texture. Don't be afraid to get creative and try different unique varieties available in Washington!
- Store dry beans in a cool, dry place and avoid high temperatures and high humidity to maintain freshness.
- Store unused dry beans in a resealable plastic bag or tightly covered, non-metal container for up to one year.

## Culinary Tips

- Swap out cooked dried beans for any recipe that calls for canned beans. See the yield below to determine how much to make.
- Dried beans can be soaked before cooking to reduce cook time and enhance flavor. First, rinse beans and remove any debris. There are a few different methods for soaking beans:
  - Overnight soak: Soak beans with cold water in the refrigerator for 8 hours or overnight.
  - Hot Soak: On the stovetop, boil beans in water for two to three minutes, then let stand for 4 hours, moving to the refrigerator after the first hour.
  - Quick Soak: If time is limited, bring beans to a boil for two to three minutes, then let stand for one hour.
- Drain and rinse soaked beans before cooking.
- When cooking, maintain a gentle simmer, not a rapid boil, and make sure beans are covered with water during the entire cooking process.
- Only cook one type of dry bean at a time, as varieties have different cook times.

## Recipes

- [Bean and Cheese Pupusas, developed by Highline Public Schools](#)
- [Breakfast Bowl USDA Recipe for Family Child Care Homes](#)
- [Minestrone Soup \(Vegetable\) USDA Recipe for Adults in CACFP](#)

## Sourcing

- [Find Dried Beans](#)

Dry Beans by Unit Measure	Cooked Bean Equivalent
One pound bag of dry beans	6 cups cooked beans, drained
One cup of dry beans	3 cups cooked beans, drained
1/2 cup cooked beans, drained	1 serving of beans



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