

Slow Cooker Beans

No soaking needed!

- Traditionally, dried beans need to be soaked overnight before cooking. Skip the soaking and use a slow cooker! Your beans can be cooked overnight or ready when you get home.
- Slow cook dried black, pinto, navy, kidney, great norther, lima beans or garbanzo beans. Cumin and oregano are great for Mexican dishes. Try other seasonings for other dish styles.
- Dried garbanzo beans (chickpeas) need to be cooked for 4 hours on high heat or 8 hours on low heat
- To keep it heart healthy and lower in salt, substitute salty meat cuts for 1 teaspoon of smoked paprika or use smoked salt in place of regular salt.
- Make refried beans from cooked pinto beans. Drain the cooked beans over a bowl and keep 1 cup of the liquid. Use a potato masher or a fork to mash the beans and add the liquid as needed to thin out the beans.
- Cooked beans are freezer friendly! This recipes makes 6 cups of beans.

Nutrition Facts

12 servings per container
Serving size 1/2 cup (208g)

Amount per serving
Calories **160**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **11%**

Total Carbohydrate 27g **10%**

Dietary Fiber 6g **21%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 61mg **4%**

Iron 2mg **10%**

Potassium 564mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 12 Prep Time: 10 minutes Cook time: 10 hours, HIGH



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Ingredients:

- 1 pound dry beans, like pinto, black, navy, kidney, great northern, lima beans or garbanzo
- 1 Tablespoon olive, canola or vegetable oil
- 1 small onion, small diced
- 3 cloves garlic, minced or 1 Tablespoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 3 cups water
- 4 cups low sodium chicken or vegetable broth

Optional:

- 1 jalapeno, cored, seeded, finely chopped, or poke with a fork
- 2 bay leaves (remove before serving)
- 1/4–1 teaspoon cayenne pepper

Directions:

1. Rinse dry beans in a large colander with running water. Pick out any non-bean items or broken beans. Place beans in a to 6 quart slow cooker.
2. Optional: Heat olive oil over medium-high heat in a medium size skillet. When hot, add chopped onion and jalapeno (if using) and sauté for 2 minutes. Add garlic and stir until fragrant, about 1 minute.
3. Add sautéed (or raw) vegetables, cumin, oregano, cayenne, bay leaves (if using) and salt. Pour broth and water over the top. (Try poking holes in the whole jalapeno and add it to the pot for added flavor but not added spice. Remove before serving).
4. Cover and cook on HIGH for 8–10 hours, until the beans are tender. Slow cookers vary, start checking for doneness earlier at 8 hours. Garbanzo beans will cook for 4 hours on HIGH or 8 hours on LOW.
5. Drain the extra liquid or leave it if you like.
6. Serve hot.