Preparing Dried Beans

1. Place 1 lb. dried pinto beans in a large, heavy pot.
2. Cover with water about 2” above top of beans.
3. Cover pot, bring to a boil, then remove from heat. Let rest 1 hour.
4. After 1 hour, stir in 1 1/2 tsp. salt and bring to a boil over medium heat.
5. Uncover, reduce heat, and simmer until beans are tender and creamy, checking

**Easy Turkey Chili Recipe:**

- 2 cups cooked beans
- 1/2 lb. ground turkey, cooked
- 2 cans canned tomatoes
- 2 tablespoons chili powder
- Dash of salt & pepper
- Chopped veggies (bell pepper, carrot, etc.)

Place all ingredients into a pot and simmer on medium-high for 10-15 min. Enjoy!

Bean recipe source: http://www.epicurious.com/expert-advice/soaking-salting-dried-bean-myths-article

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To reduce the risk of illness:

Wash all produce thoroughly under running water before preparing and/or eating. Avoid cross-contamination. Do not mix raw meat with ready-to-eat items. Refrigerate perishable foods promptly and consume by expiration date.

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