

BEANS (instant)

1. To make instant beans: Soak, Drain and Cook the beans as directed on package.
2. Dehydrate cooked or drained caned beans at 130°F for 10-12 hours or until crisp.

Some beans such as kidney beans will split or pop open, just collect all of the dried pieces and add it all to your jar/bag. I assure you, it will look better once reconstituted.

3. One way to reduce them from splitting apart is to cook your beans in a meal such as chili, let cool in refrigerator, scrape off the grease that solidified on the top, stir and scoop onto trays and dehydrate the already prepared meal.

To re-hydrate, add enough boiling water to cover, simmer until thick and tender.