



Pre-cooked Instant Beans Uses and Preparation Guide

Preparation: Simply combine beans with appropriate amounts of water per packaging instructions and simmer for the required minutes, as noted in the Preparation chart below.

Uses

	Snackable	Backpacking	Camping	RV'ing	Emergency Preparedness	Soups/General Cooking	Desserts	Drinks	Salads
Pre-cooked Black Beans		X	X	X	X	X	X		X
Pre-cooked Garbanzo Beans		X	X	X	X	X			X
Pre-cooked Great Northern Beans		X	X	X	X	X			X
Pre-cooked Split-Peas		X	X	X	X	X			
Pre-cooked Kidney Beans		X	X	X	X	X			X
Pre-cooked Lentils		X	X	X	X	X			
Pre-cooked Navy Beans		X	X	X	X	X			X
Pre-cooked Red Beans		X	X	X	X	X			X
Pre-cooked Refried Beans		X	X	X	X	X			

Preparation

	Rehydrate	Add Hot Water	Cook 3	Cook 7	Cook 15	Cook 20
Pre-cooked Black Beans	X	X			X	
Pre-cooked Garbanzo Beans	X	X				X
Pre-cooked Great Northern Beans	X	X				X
Pre-cooked Split-Peas	X	X			X	
Pre-cooked Split-Peas	X	X			X	
Pre-cooked Lentils	X	X		X		
Pre-cooked Navy Beans	X	X				X
Pre-cooked Red Beans	X	X				X
Pre-cooked Refried Beans	X	X	X			