

BEANS! BEANS & MORE BEANS  
FASTER COOKING

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A few weeks ago I mentioned that I would like to add beans to my food supplies, but was worried about the time/fuel required to cook beans. I got 3 suggestions that all seemed to make quite a bit of sense.

1) Cook a weeks worth (or sevral days worth) of beans at once thus reducing the overall fuel required per day.

2) Buy the pre boiled, dried beans like those found in the instant cups-0-soup available at the grocery store. These will cook in a matter of minutes. I noticed that places like Walton's have a item called "par-boiled" beans. Does anybody know if these are the cup-0-soup types of beans????

3) And the most unique suggestion. . . . Get a GOOD thermos jar. Put your beans in water and heat up the mixture until it is boiling. Then pour everything into the thermos jar and seal it, and wrap it in a heavy towel or two. Wait several hours.

Result = cooked beans with little energy used. I'd guess a wide mouth jar would be easiest to use.

Seems like a good way to cook lots of things!

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