

# Arkansas Foods

★ Home Grown & Homemade ★

## Cooking Dried Soybeans

### **Step 1: WASH AND PICK OVER**

Rinse the dried soybeans, rubbing them together gently to remove any surface powdery residue, and remove any dark or discolored beans.

### **Step 2: SOAK OVERNIGHT**

Soak the beans in enough water to cover the beans for 6-8 hours or overnight. Soaking time is a bit longer than for other types of beans. The quick soak method of brining to a boil then let sit for an hour method to speed up cooking does not work well with soybeans.

### **Step 3: USE A LARGE POT**

Soybean cooking liquid will foam up quite a bit, and cover your cooking surface if not watched carefully. The dried soybeans should not come up to more than 1/4th of the height of your cooking pot, and the cooking water should come up only to about 1/3rd the height of the pot maximum.

### **Step 4: BRING TO A BOIL, AND SKIM OFF THE GREY FOAM**

Bring the soybeans to a boil, and then skim off the greyish foam that will rise to the surface of the water. Cooking time is about 5 to 6 hours. Top up with additional water from time to time, if it seems to be cooking off, and skim off any grey foam. A slow cooker will work too. The beans are done if you press one between your finger and thumb and it is soft, not crunchy.

### **Step 6: DRAINING AND REMOVING THE HULLS**

Once the beans are cooked, stir then let them sit a bit - the loose hulls will rise to the surface. Skim these off. Strain the beans, reserving the liquid to use as a vegan stock.

### **Step 7: STORING AND FREEZING**

Store cooked soybeans in freezer bags with a little bit of the cooking liquid. These may be used in stewed dishes, soups etc. The dried beans are stored on their own in freezer bags. The cooking liquid can be frozen.

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