

Wondering How to Cook Those Dried Foods In the Emergency Kits?

We have included some instructions and recipes to cook the dried ingredients delivered in your Hydro One Emergency Kits. We hope you enjoy them and we encourage you to find recipes online.

How to cook, soak and freeze dried red kidney beans

Servings: 13 servings Prep Time: 1 hour Cook Time: 45 minutes Makes; 6 ½ cups of cooked beans

Ingredients

- 1 lb dried red kidney beans
- 20 cups water, divided
- salt (optional)

Instructions

1. The method here uses a ratio of 10 cups of water per pound of dried red kidney beans. If you plan to use a different amount, please adjust accordingly using this ratio. In a large pot or bowl combine the beans with water at a ratio of 10 cups of water per pound of dried beans. Soak the beans in the water, either overnight at room temperature or through the quick soak method (outlined below). Soaking speeds up the cook time, helps the beans to cook more evenly, and makes them easier to digest.
2. Once the beans have soaked, you will notice that they have increased in size, indicating that they have absorbed moisture.
3. To quick soak the beans, you will need 1 hour. Place the kidney beans into the bottom of a large pot and cover with water. Bring beans to a boil. Let them boil for 3 minutes, then remove from heat. The beans will expand, so make sure you cover by several inches of water to allow for this. After soaking using either method, drain and rinse the beans.
4. Place the beans in a large pot and cover again with the same ratio of fresh water. It is important to use fresh water for boiling; the soaking water contains oligosaccharides, released from the beans during soaking, that can lead to digestive discomfort. Add salt to the cooking water if desired to give the beans more flavor (I use about 1 tablespoon salt for every 10 cups of water). Place on the stovetop and bring to a boil, then reduce to a simmer. Simmer for 45 minutes, or until you reach desired tenderness. I recommend stirring the beans a few times throughout the cooking process so that the beans at the bottom of the pot don't soften before the beans at the top.
5. Once the beans have finished cooking, drain them in a colander.
6. If freezing, allow the beans to cool, you can speed this process by rinsing them with cold water. Then transfer them to a freezer safe container, I recommend resealable bags, and freeze until needed. I like to measure out 1 ¾ cups of beans in each bag, which is equivalent to the amount in a standard sized can. They will keep in the freezer for up to 6 months.
7. When ready to use your frozen beans, remove the beans from the freezer and thaw. They can be reheated on the stovetop, added to soups and stews or used however you would use canned beans.

DIRECTIONS FOR: 30-MINUTE TURKEY CHILI

INGREDIENTS

3 Tbsp extra-virgin olive oil
1 medium yellow onion, chopped
5 cloves garlic, chopped
1 Tbsp kosher salt
2 tsp chili powder
1 tsp dried oregano
1 Tbsp tomato paste
1 chipotle chile an adobo, coarsely chopped, with 1 Tbsp sauce
1 lb(s) ground turkey or 12 oz soy crumbles
1 Mexican lager-style beer
1 (14.5-oz) can whole peeled tomatoes, with their juice
2 cups cooked or canned kidney beans, rinsed and drained
Optional garnishes: Sliced scallions, cilantro sprigs, avocado, sour cream, grated Monterey Jack cheese and/or tortilla chips

DIRECTIONS

1. Heat the olive oil in a large, heavy skillet over medium-high heat. Add the onion, garlic, salt, chili powder, and oregano and cook, stirring, until fragrant, about 3 minutes. Stir in the tomato paste and the chipotle chile and sauce; cook 1 minute more. Add the turkey, breaking it up with a wooden spoon, and cook until the meat loses its raw color, about 3 minutes. Add the beer and simmer until reduced by about half, about 8 minutes. Add the tomatoes--crushing them through your fingers into the skillet--along with their juices and the beans; bring to a boil. Cook, uncovered, stirring occasionally, until thick, about 10 minutes.
2. Ladle the chili into bowls and serve with the garnishes of your choice.

TIPS AND SUBSTITUTIONS

A skillet's larger surface area reduces sauces faster than simmering in a saucepan.

SOURCE AND CREDITS

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