

## NUTRITION FACTS

	** contingor		
	servings p	per container	
Serving	J Size 1/4 cup d	lry (35g)	
Amount per Serving			**Servings per
Са	lories	100	container will vary
		%Daily	Value* depending on
Total Fat	2 g	2 %	package size.
Saturated Fat	0 g	0 %	1 lb. = about 13
Trans Fat	0 g		2 lb. = about 26
Cholesterol	0 mg	0 %	4 lb. = about 52
Sodium	10 mg	0 %	
Total Carbohydrate	22 g	8 %	
Dietary Fiber	8 g	30 %	
Total Sugars	1 g		
Includes	0 g Added S	Sugars 0 %	
Protein	7 g		
Vitamin D	0 mcg	0 %	
Calcium	0 mg	0 %	
Iron	1.7 mg	10 %	
Potassium	300 mg	6 %	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000			
Ash	2.82%	Moisture 1	10.09%

## PREPARATION INSTRUCTIONS

Beans are a natural agricultural product. Despite the use of modern cleaning equipment, it is not always possible to remove all foreign material. Carefully sort and rinse beans before cooking.

QUICK SOAK: Carefully sort and rinse beans in a large pot. To 1lb. of beans (about 2 cups) add 6-8 cups of hot water. Bring to rapid boil, boil for 2 minutes. Remove from heat. Cover and let stand for 1 hour. Drain soak water and rinse beans. OVERNIGHT SOAK: Carefully sort and rinse beans in a large pot. To 1lb. of beans (about 2 cups) add 6-8 cups of cold water. Let stand overnight or at least 6-8 hours. Drain soak water and rinse beans.

**COOKING DIRECTIONS**: Add 6-8 cups of hot water to drained and rinsed beans. Simmer gently with lid tilted until desired tenderness is reached, about 1 1/2 to 2 hours.

## SHIPPING/STORAGE REQUIREMENTS

Ship in dry, ambient temperature trucks or containers. Product may be stored for long periods of time under proper conditions without substantial deterioration. It should be warehoused in a clean, cool, dry place away from strong odors. However, like most grain products, this is subject to infestation and other pests if not properly protected. To ensure protection against insects and other pests, we recommend a maximum storage period of 6 months as ideal for store shelf freshness.