

DRY BEAN ARITHMETIC

(Answer key)

Using the information from your handouts, write the appropriate number in the blank.

1. Beans were first domesticated over 7000 years ago. p. 2
2. For a traditional soak, beans should soak eight hours or over night before cooking. p. 5
3. One cup of dry beans equals three cups cooked. p. 3
4. Each pound of dry beans should simmer up to two hours after soaking. p.5
5. One pound of dry beans will make twelve servings of bean soup. p. 3
6. One pound of dry beans yields six cups of cooked beans. p. 3
7. One pound of dry beans will make nine servings of baked beans. p. 3
8. There are fifteen ounces and about two cups in a can of beans. p. 3
9. If stored properly, dry beans and peas will keep their quality for up to one year. p. 4
10. Use six cups of water per pound of beans for soaking. p. 5

This quiz was written with material supplied to me by Linda Olsen, FLE, Shawano County and using facts from "The Importance of Dry Beans in Your Diet", by Jenny Wehmeier, FLE, Walworth County.