



Red Kidney Beans

Soak a 1 pound packet of red kidney beans in plenty of cold water overnight in a large pan.

Next day, wash the beans thoroughly with cold water, return to the pan, and add 3 pints of water
Bring to the boil, skim off any foam and simmer for 30 to 40 minutes.

When cooked rinse the beans in cold water in a sieve. Allow to cool. and then pack them in a plastic bag and transfer to the freezer.

They may then be used as required, as all the poisonous substances have been destroyed on boiling.

Use in salads or chilli con carne as required, straight from the freezer.



This recipe has been brought to you by The Cream Of Tartar Company Limited

Web site :- Thecreamoftartarcompany.com

Thecreamoftartarcompany.co.uk

Email:- Thecreamoftartarcoltd@hotmail.com

Tel:- 07710958581