

# LUPINI BEANS COOKING GUIDE

Dried Lupini Beans (Tremoco Seco) 3 lbs each bag.  
Packed by Fernandes Sao Jorge Linguica  
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Bloodless



Bullfights

[www.californiabullfights.info](http://www.californiabullfights.info)

The Beans \$8.95 per Bag



Place the Beans in a container and fill with water.  
Let it Soak for 24hrs Make sure the water covers the beans  
as it soaks.



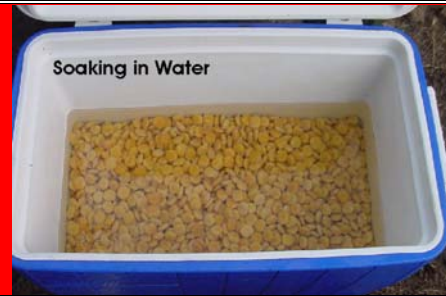
Soak in Water Overnite

Let it cook for 2 Hrs.  
After 2 hrs let it cool off.



Cooking for 2 HRS

After the beans have cold off place them in a container with  
cold water and let it soak.  
Change water each day until the bitterness goes away.  
5 days should be sufficient.  
You can add a little salt to it now or you can add it latter  
when you place them in the jars



Soaking in Water

Once you are satisfied with the taste place the beans in jars  
add water and little salt if you wish.  
Enjoy!



Distribute to your Family and Friends