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Basic White Beans

- 1 Pound dried great northern beans
Bay leaf

- 1) 1 Rinse and drain the beans, picking out any damaged beans or small stones. In a large bowl, soak the beans, covered by 3 inches of water, for 8 hours or overnight.

- 2) 2 Drain the beans and rinse them well with fresh water. Transfer them to a slow cooker. Add 7 cups of water and the bay leaf. Cook the beans in the slow cooker on high until they are just tender, 3 to 4 hours. Drain them, but save the liquid if you're planning to freeze them (see below).

Makes 6 Servings.

