



Soaking and Cooking Chart for Dry Beans

This chart provides an average estimated range of times for cooking beans with various methods. Times will vary due to size, age, and dryness of bean, elevation, and desired softness.

Bean Information for 1 cup dry beans	Water to soak (cups)	Soaking time (hours)	Boiling time on stovetop (minutes)	Slow cooker on low (hours)	Slow cooker on high (hours)	Pressure cooker, soaked, natural release (minutes)	Pressure cooker, soaked, quick release (minutes)	Pressure cooker, unsoaked, quick release (minutes)
adzuki/aduki	4	none	50 - 60	6	3	2 - 3	5 - 9	14 - 20
black beans	4	6 - 8	75 - 90	6 - 8	3	3 - 6	5 - 9	8 - 25
black-eyed peas (cowpeas)	3	none	45 - 60		3 1/2			10 - 11
chickpeas (garbanzos)	4	12 - 24	120 - 240	8 - 12	3 1/2 - 6	9 - 14	13 - 18	30 - 40
cranberry beans	3	6 - 8	45 - 60	8 - 9		5 - 8	9 - 12	30 - 34
Great Northern beans	3 1/2	6 - 8	90 - 120		2 1/2	4 - 8	8 - 12	25 - 30
kidney beans	3	6 - 8	60 - 90		3	5 - 8	10 - 12	20 - 25
lentils, green or brown	2	none	20					
lentils, red, split	2	none	15 - 20		1 1/2			4 - 6
lentils, yellow or golden	2	none	20					4 - 6
lima beans, baby	4	8 - 10	50 - 60		2 1/2	2 - 3	5 - 7	12 - 15
lima beans, large	4	8 - 10	45 - 60		2	1 - 3	4 - 7	12 - 16
navy beans	3	8 - 10	90 - 120			3 - 4	6 - 8	16 - 25
peas, split green or yellow	4	none	45 - 60		2 1/2			6 - 10
pink beans	3	6 - 8	50 - 90		3 1/2	6 - 8		
pinto beans	3	6 - 8	60 - 90	6	3	1 - 3	4 - 6	22 - 25
small red beans	2	6 - 8	60 - 90		2 1/2			
soybeans (yellow)	4	12 - 24	120 - 180		4	5 - 8	9 - 12	28 - 35

Above information taken from: <http://www.delectableplanet.com/cooking-resources/12-bean-cooking-chart.html>. The chart includes many other less well-known beans.

Dry Measure to Cooked Yield for Various Beans

Black beans	1 cup >	2 cups	Limas	1 cup >	1 1/4 cups
Black-eyed peas	1 cup >	2 cups	Baby Limas	1 cup >	1 3/4 cups
Chickpeas	1 cup >	2 cups	Pinto	1 cup >	2 cups
Great Northern	1 cup >	2 cups	Red beans	1 cup >	2 cups
Kidney beans	1 cup >	2 cups	Small white beans	1 cup >	2 cups
Lentils, split peas	1 cup >	2 1/4 cups	Soybeans	1 cup >	2 cups

Other Resources:

<http://www.centralbean.com/cooking.html>
Laurel's Kitchen by Laurel Robertson, Carol Flinders, and Bronwen Godfrey
www.scribd.com/doc/7420361/Bean-Chart - suggestions for use on the right side looks great (ignore the cooking chart)

GRAIN (1 cup dry)	CUPS WATER	COOK TIME	CUPS YIELD
Amaranth	2 1/2	20 - 25 min.	2 1/2
Barley, pearled	3	50 - 60 min.	3 1/2
Barley, hulled	3	1 hr. 15 min.	3 1/2
Barley, flakes	2	30 - 40 min.	2 1/2
Buckwheat groats *	2	15 min..	2 1/2
Cornmeal (fine grind)	4 - 4 1/2	8 - 10 min.	2 1/2
Cornmeal (polenta, coarse)	4 - 4 1/2	20 - 25 min.	2 1/2
Millet, hulled	3 - 4	20 - 25 min.	3 1/2
Oat Groats	3	30 - 40 min.	3 1/2
Oat, bran	2 1/2	5 min.	2
Quinoa *	2	15 - 20 min.	2 3/4
Rice, brown basmati	2 1/2	35 - 40 min.	3
Rice, brown, long grain	2 1/2	45 - 55 min.	3
Rice, brown, short grain*	2 - 2 1/2	45 - 55 min.	3
Rice, brown, quick	1 1/4	10 min.	2
Rice, wild	3	50 - 60 min.	4
Rye, berries	3 - 4	1 hr.	3
Rye, flakes	2	10 - 15 min.	3
Spelt	3 - 4	40 - 50 min.	2 1/2
Teff *	3	5 - 20 min.	3 1/2
Triticale	3	1 hr. 45 min.	2 1/2
Wheat, whole berries	3	2 hrs.	2 1/2
Wheat, couscous	1	5 min.	2
Wheat, cracked	2	20 - 25 min.	2 1/4
Wheat, bulgur *	2	15 min.	2 1/2

