

BEANS AND LEGUMES COOKING CHART

BEAN (1 cup dry)	CUPS WATER	COOK TIME	CUPS YIELD
Adzuki (Aduki)	4	45 - 55 min.	3
Anasazi	2 1/2 - 3	45 - 55 min.	2 1/4
Black Beans	4	1 hr. - 1 1/2 hrs.	2 1/4
Black-eyed Peas	3	1 hr.	2
Cannellini (White Kidney Beans)	3	45 min.	2 1/2
Cranberry Bean	3	40 - 45 min.	3
Fava Beans, skins removed	3	40 - 50 min.	1 2/3
Garbanzos (Chick Peas)	4	1 - 3 hrs.	2
Great Northern Beans	3 1/2	1 1/2 hrs.	2 2/3
Green Split Peas	4	45 min.	2
Yellow Split Peas	4	1 - 1 1/2 hrs.	2
Green Peas, whole	6	1 - 2 hrs.	2
Kidney Beans	3	1 hr.	2 1/4
Lentils, brown	2 1/4	45 min. - 1 hr.	2 1/4
Lentils, green	2	30-45 min.	2
Lentils, red	3	20 - 30 min.	2-2 1/2
Lima Beans, large	4	45 - 1 hr.	2
Lima Beans, small	4	50 - 60 min.	3
Lima Beans, Christmas	4	1 hr.	2
Mung Beans	2 1/2	1 hr.	2
Navy Beans	3	45-60 min.	2 2/3
Pink Beans	3	50 - 60 min.	2 3/4
Pinto Beans	3	1 - 1/2 hrs.	2 2/3
Soybeans	4	3 - 4 hrs	3