

# food thought

established 1971

## Bean Cooking Guide

Type of Bean 1 cup dry:	Water or Broth	Stove Top (***soaked)	Yield
Adzuki	4 cups	45-55 min.	3 cups
Anasazi	2 1/2-3 cups	45-55 min.	2 1/4 cups
Black Beans	4 cups	60-90 min.	2 1/4 cups
Black-Eyed Peas	3 cups	60 min.	2 cups
Cannellini	3 cups	45 min.	2 1/2 cups
Cranberry	3	40-45 min	3 cups
Fava Beans (skins removed)	3 cups	40-50 min.	1 2/3 cups
Garbanzo (Chickpeas)	4 cups	60-180 min.	2 cups
Great Northern	3 1/2 cups	90 min	2 2/3 cups
Green Peas, whole	6	1-2 hours	2 cups
Kidney	3 cups	60	2 1/4 cups
Lentils	3 cups	15-20 min.	2 1/4 cups
Lima Beans	4 cups	60 min.	2 cups
Mung Beans	3 cups	60 min.	2 cups
Navy Beans	3 cups	45-60 min.	2 2/3 cups
Split Peas	3-4 cups	30 min.	2 1/4 cups
Pinto Beans	3 cups	75-90 min.	2 cups
Red Small Beans	3 cups	120-150 min	2 cups
Soybeans	4 cups	3-4 hr.	2 cups

\*\*\*Beans cook more quickly and their digestibility benefits with soaking in water to cover by about 3 inches for 8 hours or overnight. Discard the soak water and cook the beans in fresh water.