

Bean Cooking Chart

Type of bean	Simmering		Pressure Cooking (15 lbs)	
	Soaking Time	Cooking Time	Soaking Time	Cooking Time
Aduki / Adzuki	overnight	¾-1 hour	6 hours	10 minutes
Anasazi	overnight	1 hour		
Black	overnight	1-1½ hours	6 hours	10 minutes
Black-eye Peas	-	¾-1 hour	-	8 minutes
Garbanzo / Chick Peas	overnight	2-2½ hours	6 hours	25 minutes
Kidney	overnight	1-1½ hours	6 hours	15 minutes
Lentils - green/brown	-	¾-1 hour	-	8 minutes
Lentils - red	-	¾ hour	-	6-8 minutes
Lima	overnight	1-1½ hours	6 hours	15 minutes
Mung	overnight	¾-1 hour	6 hours	10 minutes
Peas - split	-	¾-1 hour	-	8 minutes
Pinto	overnight	1-1½ hours	6 hours	10 minutes
Soy	24 hours	3-3½ hours	24 hours	25 minutes

The recommended times are only approximate and should be used as a rough guide.

Short Soaking Method: Place the cleaned beans in a pot and add hot tap water until the beans are covered by two to four inches of water. Bring to a boil over a slow to medium heat. After boiling for two minutes, keep covered and remove from heat, let sit for one hour. Now discard the water, rinse the beans, and cook.

Information taken from Bean Cuisine by Janet Horsley