

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
Kidney Beans	3	1 hr.	2 1/4
Lentils, brown	2 1/4	20 - 25 min.	2 1/4
Lentils, green	2	20 - 25 min.	2
Lentils, red or yellow	3	15 - 20 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
Peas; green split	4	45 min.	2
Peas; yellow split	4	1 - 1 1/2 hrs	2
Peas; green whole	6	1 - 2 hrs.	2
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

Begin by rinsing beans thoroughly under cool water and discarding stones or other debris. If using lentils, mung beans or split peas, skip soaking and go right to the cooking instructions. For all others, begin by soaking. Soaking shortens cooking time and makes beans more digestible.

Cover the rinsed beans with an extra three inches of water for 8-12 hours (larger beans need more time). The beans are done soaking once they are uniformly tender and have doubled or more in size. Next, drain the soak water, rinse the beans and cook with fresh water.

Other factors, such as using hard water or beans past the "best used by" date, contribute to the length of cooking. For beans that take longer to cook, we've found that soaking beans for 24 hours--changing the soaking water every 8-12 hours--hastens the cooking time.

Many people are concerned with the reputation that beans have for causing flatulence. This can be alleviated by starting your bean ventures with small portions, which helps to increase your body's enzyme production gradually. Soaking and cooking beans thoroughly breaks down the complex sugars that challenge our digestive systems.

Herbs that help the digestion of beans can be added during the cooking process. These include bay leaf, cumin, winter or summer savory and fresh epazote (available in Hispanic markets). Chewing on dried fennel seeds or drinking a cup of fennel tea after eating legumes are traditions from India that aid in digestion.

QUICK-SOAK METHOD: When time is limited, rinse and pick over beans, put them into a stock pot and cover with three inches of water. Bring to a boil and boil for 10 minutes to remove toxins. Then cover and allow to soak for one hour. Discard the soak water, add fresh water and cook until tender.

As a general rule, 1 cup of dried beans yields about 2 1/2–3 cups of cooked beans.

PRESSURE COOKING

For pressure cooking beans, soak the beans overnight, use the quick-soak method or forego soaking altogether. (Some well-known chefs, like Emeril Lagasse, do not soak beans before pressure cooking.)

Put the beans in the pressure cooker with three times as much water as beans. Cook for 30 minutes at 15 pounds of pressure for small beans. For large beans, such as lima or fava beans, pressure cook for about 40 minutes at 15 pounds of pressure.

COOKING FRESH BEANS

Most of the information about preparing beans refers to dried beans. However, fresh beans are delicious, easy to prepare and can often be found at farmers markets. Fresh black-eyed peas, garbanzos, cannellini, fava* and lima have excellent flavor and nutrition.

There are two methods for cooking fresh beans: boiling or steaming. To boil, drop the shelled beans into boiling water and cover and boil gently for 5 to 10 minutes. Add onions, garlic, herbs of your choice and a dash of salt to the water to flavor the beans.

To steam, put about an inch of water into the bottom of a saucepan and place the beans into a steamer basket that fits into the saucepan. Cover the pan and steam for 5 to 10 minutes.

*After fresh fava beans are cooked, their tough skins are usually peeled and discarded. When left on, they give the beans a bitter flavor. To peel the skins, use a small paring knife and peel away one end. Then squeeze the opposite end and the bean will slip out easily.