



# BULK BEANS/LEGUMES

## Cooking Chart and Recommendations

Bean <i>1 Cup dry measure</i>	Pre-Soaking <i>Time</i>	Water <i>Cups</i>	Simmering Time <i>(approx)</i>	Yield (approx) <i>Cups</i>
Adzuki	Not Required	4	50 - 90 minutes	2-1/2
Black (Turtle)	6-8 hours	4	50 - 90 minutes	2
Black Soybeans*	10-12 hours	4-5	2-4 hours	
Black-eyed Peas	Not Required	4	60 minutes	2
Garbanzo (Chickpeas)	Overnight	4	2- 3-1/2 hours	2
Great Northern Beans	6-8 hours	4	1-2 hours	2
Kidney Beans	4-8 hours	3	1-1/2 hours	2
Lentils, Red & Green	Not Required	3	25-60 minutes	2
Lima Beans	6-8 hours	2-1/2	45-75 minutes	1-1/4
Pinto Beans	6-8 hours	3	1-1/2 - 2-1/2 hours	2
Small White Beans (navy, etc.)	6-8 hours	3	45-90 minutes	2
Soybeans	Overnight	4	3-4 hours	2

\* Refrigerate during pre-soaking time to prevent fermentation

### Preparation Recommendations

- Rinse beans to remove dirt & dust
- Beans can be sprouted prior to cooking for better assimilation
- Overnight pre-soaking will cut down the cooking time on any legume by a good half hour or so. Remove any beans that float to the top.
- Quick Soak Method: Bring beans and cold water to boil, simmer to mins., remove from heat, cover & let sit for 1 hr. Drain the soaking water, add fresh water to cover and proceed as if they had soaked overnight. This method also helps to de-gas your beans.
- Do not use soaking water for cooking. Add 1/2 strip Kombu (4") or 1 Bay Leaf per cup of beans if desired.
- Cooking method: cover beans w/water, bring to a boil, let simmer until beans are tender. Keep pot partially covered at all times.
- Add 1/2 tsp. Sea Salt, Tamari, miso or oil, only after beans are tender, if desired.
- Stir only occasionally, so as not to break the skins.
- Beans can be stored for up to a year before they will begin to lose their taste and take longer to cook.

**Sources:** Good Food, New Laurels Kitchen, The Kitchen Companion, From Pantry to Table, Rodale's basic Natural Foods Cookbook.



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