

How to cook dried beans

1 cup dried beans	Soaking Time (4 cups H2O)	Regular cooking time	Pressure cooking time
Adzuki Beans	none	45 to 50 min.	15 to 20 min.
Anasazi Beans	8 hours	45 to 60 min.	15 to 20 min.
Appaloosa Beans	8 hours	1 to 1 ½ hours	10 to 15 min.
Black Turtle Beans	8 hours	1 hour to 1 ½ hours	15 to 20 min.
Black Eyed Peas	8 hours	1 hour	10 min.
Calico Beans	8 hours	1 ½ hours	10 min.
Calypso Beans	8 hours	1 to 1 ½ hours	8 to 10 min.
Cannellini beans, white	8 hours	1 to 1 ½ hour	10 min.
Chick-Peas	8 hours	1 ½ to 2 ½ hours	20 min.
Cow Peas	8 hours	45 to 60 min.	8 to 10 min.
Cranberry Beans	8 hours	45 to 60 min.	8 to 10 min.
Fava Beans	8 hours	45 to 60 min.	Not recommended
Flageolet Beans	8 hours	45 to 60 min.	8 min.
Jacob's Cattle Beans	8 hours	1 to 1 ½ hours	10 min.
Kidney Beans	8 hours	1 ½ to 2 hours	10 min.
Lentil, red	none	20 to 30 min.	5 to 7 min.
Lentil, green	none	30 to 45 min.	6 to 8 min.
Lima Beans	8 hours	1 to 1 ½ hours	Not recommended
Lima Beans, baby	8 hours	45 to 50 min.	Not recommended
Mung Beans	8 hours	1 to 1 ½ hours	8 to 10 min.
Pea, split	8 hours (optional)	35 to 40 min.	Not recommended
Pigeon Peas	8 hours	45 min to 60 min.	8 to 10 min.
Pinto Beans	8 hours	1 ½ to 2 hours	10 min.
Red Chili Beans	8 hours	1 ½ to 2 hours	8 to 10 min.
Soldier Beans	8 hours	1 to 1 ½ hours	8 to 10 min.
Soybean	8 hours	3 hours	15 min
Tepary Beans	8 hours	1 hour to cook	8 min.
White Navy Beans	8 hours	45 to 60 min.	4 to 5 min.

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- Sort beans and remove any foreign objects, rocks, and gravel.
 - Rinse beans under running water to remove dust and dirt.
 - All beans except lentils, adzuki beans, and split peas should be soaked overnight in 4 times their volume of water.
 - Discard soaking water and cook in 4 times their volume of water until tender.
 - Discard cooking water and rinse well before cooking in your recipe.
 - Don't add acid food like tomatoes, until the beans are tender.
 - Add salt in the last 30 minutes of cooking time, after the skin on the beans is tender.
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