

## Bean Soaking & Cooking Chart

Cooking dried beans is easy! Refer to the handy chart below for best-practice suggestions:

Bean Variety	Description	Dry : cooked	Soak Time	Simmer Time
Adzuki Beans	Small reddish-brown beans. Nutty and sweet. Easily digestible. Delicious in Asian-style cuisine.	1 : 3	Optional	40- 50 minutes (if soaked), or 1-1¼ hours
Black Beans	Small, dense and flavorful. Commonly used in both Latin and Southwestern cuisine.	1 : 3	8 hours or overnight	1 ½ - 2 hours
Black Eyed Peas	Small, beige bean marked with a dark spot (eye!) Often used in both Cuban and Southern-style cuisine.	1 : 3	Optional	20 - 30 minutes (if soaked), or 45 - 60 minutes
Cannellini Beans	White kidney beans. Creamy, mild and sturdy, they're perfect in salads and in Italian-style cuisine.	2 : 3	8 hours or overnight	1 ½ - 2 hours
Garbanzo Beans	Also called chickpeas, these firm, nutty-tasting beans are delicious in Mediterranean and Indian-style cooking.	1 : 4	8 hours or overnight	1 ½ - 2 ½ hours
Kidney Beans	Dark red and kidney shaped, they're a perfect meat substitute. Often used in chili, salads and soups.	1 : 2	8 hours or overnight	1 ½ hours
Green Lentils	Most common lentil variety, khaki in color, they're also known as brown lentils. Earthy flavor; lovely in salads, soups and stews.	1 : 2	Optional	25 - 35 minutes (if soaked), 45 minutes if not
Red Lentils	These little orange legumes lose their color and texture once cooked. Add dry to cook into soups and stews: 1 ½ cup liquid to 1 cup dry lentils.	1 : 2 ½	Not recommended	20 - 25 minutes
Black Lentils	Also known as French lentils, these small, flavorful legumes hold their shape well when cooked. Delicious added to salads or cooked into grain dishes.	1 : 2	Not recommended	20 - 30 minutes
Mung Beans	Small round beans with a white stripe, they're easily digested and perfect for sprouting. Often used in Asian-style cuisine.	1 : 2 ½	Optional	45 minutes (if soaked), 1 - 1 ¼ hours if not
Navy or White Beans	Small, white bean. Similar to cannellini but smaller and more mild. Delicious in soups, stir fries and stews. Often used in New England style baked beans.	1 : 3	8 hours or overnight	1 ½ - 2 hours

## Notes

- Drain water after soaking and use fresh water for cooking beans.
- Beans are best cooked in a large, covered pot.
- Use 3-4 cups of water for each cup of dried beans. The water should be 3 – 4” above the top of the beans.
- Don't add salt or seasoning to the cooking water, this can be added after beans are cooked.
- Keep beans cooking at a low simmer until done.
- Do not undercook, give your beans the time they need to fully soften.
- See Short Soak and Boil Method for the best way to reduce hard to digest, complex sugars.

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