

LEGUMES COOKING TIMES CHEAT SHEET

It is hard for Betty to believe that people actually cook legumes from scratch. Since you can purchase just about any kind of bean already cooked and canned, the process has become an antiquated novelty. For those Misfits who have only reheated from the can, Betty wants you to know that there is a taste difference that is worth trying.

**There is a myth that all legumes must be soaked prior to cooking, which is false. You may cook them without prior soaking, but you will have to increase the cooking time anywhere from 30 minutes to 1 hour, depending on the variety.*

**Another myth states that prior soaking makes the legumes easier to digest, thus reducing intestinal gas. Betty can neither confirm nor deny this myth. Either way, don't stand too close to her, unless you are equipped with a built in air freshener!*

Legume Type	Soaking Time	Cooking Time (Soaked)	Cooking Time (Unsoaked)
Adzuki Beans	4 Hours	1 Hour	1 ½ – 1 ¾ Hours
Black Beans	4 Hours	1 ½ – 2 Hours	2 ¼ – 2 ½ Hours
Black-Eyed Peas	No Soaking Necessary	1 Hour	1 ½ – 1 ¾ Hours
Chickpeas	4 Hours	1 ½ – 2 Hours	2 ¼ – 2 ½ Hours
Fava Beans	12 Hours	3 Hours	Not Applicable
Great Northern Beans	4 Hours	1 – 1 ¼ Hours	1 ½ – 1 ¾ Hours
Kidney Beans (Red)	4 Hours	1 – 1 ¼ Hours	1 ½ – 1 ¾ Hours
Kidney Beans (White) / Cannellini Beans	4 Hours	1 – 1 ¼ Hours	1 ½ – 1 ¾ Hours
Lentils (Brown, Green or French du Puy)	No Soaking Necessary	Not Applicable	30 – 40 Minutes
Mung Beans	4 Hours	1 Hour	1 ½ – 1 ¾ Hours
Navy Beans	4 Hours	1 – 1 ¼ Hours	1 ½ – 2 Hours
Peas, Split	No Soaking Necessary	Not Applicable	30 Minutes
Peas, Whole	4 Hours	40 Minutes	Not Applicable
Pigeon Peas	No Soaking Necessary	Not Applicable	30 Minutes
Pink Beans	4 Hours	1 Hour	1 ½ – 1 ¾ Hours
Pinto Beans	4 Hours	1 – 1 ¼ Hours	1 ½ – 1 ¾ Hours
Soybeans	12 Hours	3 – 3 ½ Hours	Not Applicable