



HOW TO SOAK

and cook your legumes and beans from scratch

Although the times for cooking may differ for each bean and legume, the principal will remain the same for all:

1. Purchase your legumes or beans from dried (bulk section, bulk store, or in a package).
2. Add the amount you want to cook (say 1-2 cups) to a large bowl or pot, and cover with (ideally) filtered water. Ensure the water is 2-3 inches above the top of the beans/legumes as they will double.
3. You can soak your beans and legumes for 8-24 hours. The next day, drain your legumes or beans and rinse really well with water.
4. Next, add them to a pot with water over the stove. Again, ensure that the water is 3-4 inches above the legumes or beans, as they will absorb more water and you don't want them to burn.
5. Turn the heat to high until they boil. Once boiled, reduce to low, and simmer on low (uncovered) for 10 minutes to 1 hour, adding water as needed so the beans/legumes stay submerged. Lentils will take the least amount of time to cook, other beans like black beans will take the most time. See the next page for guidelines on timing.














TIP: Purchasing your beans and legumes from a bulk store will not only save you money, but also waste if you visit a shop that lets you bring your own containers!



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Please use the below guidelines for cooking time after soaking for 8 hours or up to 24 hours (please note that cooking times may vary slightly depending on soaking time and other factors):

Black beans		60-80 minutes
Chickpeas		60 minutes
Lentils (brown, black, french, green)		10-25 minutes
Lima beans		60-80 minutes
Kidney beans*		60-90 minutes
Navy beans		45-60 minutes
Cannellini Beans		45-60 minutes
Adzuki Beans		45-60 minutes
Pinto Beans		60-80 minutes
Yellow Split peas		60-80 minutes
Black eyed peas		60-80 minutes

TIP: Soak, cook, drain, and rinse a big batch of beans for the week and store in portioned containers in the freezer. Thaw out as needed so you don't have to use canned on days you forget to soak! *NOTES: Kidney beans MUST be cooked well, as raw kidney beans are poisonous!