

Bean Cooking Guide

Beans are a great way to add plant-based protein to your diet. They are high in iron, B vitamins and fiber, and are very versatile. Beans stay fresh longer when you store them in a cool, dark place (rather than on your countertop). Don't use beans that are more than a year old, as their nutrient content and digestibility are much lower. Also, old beans will not soften, even with thorough cooking.

1. Check beans for rocks, then rinse in cold water.
2. Soak for six hours or overnight, with water covering a few inches higher than the beans.
Note: If you forget to presoak the beans, you can bring them to a boil in water to cover. Turn off the heat, cover the pot and let stand for one hour.
3. Drain and rinse the beans, discarding the soaking water. Always discard any loose skins before cooking, as this will increase digestibility.
4. Place the beans in a heavy pot and add 3 to 4 cups fresh water.
5. Bring to a full boil and skim off the foam.
6. Add a small piece of kombu (seaweed) and a few bay leaves or garlic cloves for flavor and to increase digestibility.
7. Cover, lower the temperature and simmer for the suggested time. Check beans 30 minutes before the minimum cooking time. Beans are done when the middle is soft and easy to squeeze.
8. About 10 minutes before the end of cooking time, add 1 teaspoon of unrefined sea salt.
9. Cook until beans are tender.

1 cup Dry Beans	Cooking Time
Adzuki	45-60 minutes
Anasazi	60-90 minutes
Black (turtle)	60-90 minutes
Black-eyed peas	60 minutes
Cannellini	90-120 minutes
Chickpeas (garbanzos)	120-180 minutes
Cranberry	60-90 minutes
Fava	60-90 minutes
Great northern	90-120 minutes
Kidney	60-90 minutes
Lentils*	30-45 minutes
Lima beans	60-90 minutes
Mung	60 minutes
Navy	60-90 minutes
Pinto	90 minutes
Split peas	45-60 minutes

*do not require soaking

All cooking times are approximate. In general, small beans cook for approximately 30 minutes, medium beans cook for approximately 60 minutes, and large beans cook for approximately 90 minutes. Be sure to taste the beans to see if they are fully cooked and tender.