

How to Cook Dried Beans and Legumes



Thoroughly rinse beans and place in roaster or saucepan with enough water to generously cover. Remember that beans will double in bulk after several hours of soaking.

- Remove and discard shriveled or damaged beans, and any that float on top the water.
- Soak beans in cold water for 6 to 8 hours or overnight.
- Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve? clicks, reduce heat to low and cook according to the suggested times in the chart below.
- For quick-soak method, combine rinsed beans in pan with water to cover. Cover; cook over medium heat until Vapo-Valve? clicks, reduce heat to low and cook 2 minutes. Turn off heat and let beans stand for 1 hour to expand. Drain beans and refill pan with enough water to cover the beans. Place pan over medium heat and cover. When Vapo-Valve? clicks, reduce heat to low and cook according to the suggested time in the chart below.

Dried Beans and Legumes

Type	Soaking Time	Cooking Time
Black Beans	Overnight or Quick-Soak	1 ½ hours
Chickpeas	Overnight or Quick-Soak	3 hours
Kidney Beans	Overnight or Quick-Soak	1 ½ hours
Lentils	None	45 minutes
Lima Beans	Overnight or Quick-Soak	1 ½ hours
Navy Beans	None	1 ½ hours
Soybeans	Overnight or Quick-Soak	3 hours, or more
Split Peas	None	1 hour

Bean Equivalents and Yields

(Conversion-US to Metric)

One cup dried beans equals 8 ounces (240g)

One cup dried beans yields 2 to 3 cups cooked beans (480g to 620g)

One pound dried beans yields 4 to 6 cups cooked beans (1L to 1.4L)

One 10-ounce can cooked beans yields 1 cup drained beans (240g)

15-ounce can cooked beans yields 1 ½ cups drained beans (360g)

One 16-ounce can cooked beans yields 1 ¾ cups drained beans (420g)

One 19-ounce can cooked beans yields 2 cups drained beans (480g)

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