



Bean Cooking Chart

This chart provides an average estimated range of times for cooking beans with various methods. Times will vary due to size, age and dryness of the bean, elevation and desired softness.

1 cup dry beans	Cups of water	Soak hours	Traditional Boiling Method (Minutes)	Slow Cooker		Pressure Cooker		Unsoaked, Quick Release (Minutes)
				Soaked, Low (hour)	Soaked, High (hours)	Soaked, Natural Release (Minutes)	Soaked, Quick Release (Minutes)	
Aduki/Adzuki beans	4	None	50 to 60	6	3	5 to 9	-	14 to 20
Anasazi beans	2.5 to 3	4 to 8	50 to 60			4 to 8	-	20 to 22
Appaloosa beans	3	4 to 8	60 to 90		3	8 to 12	-	22 to 25
Black beans	4	6 to 8	75 to 90	6 to 8	3	4 to 8	-	18 to 25
Black-eyed peas	3	None	45 to 60		3 1/2	-	-	9 to 11
Borlotti beans	3	6 to 8	45 to 60			7 to 10	-	30 to 34
Butter beans (8-10 psi)	4	10 to 12	60 to 90			3 to 5	-	12 to 16
Calypso beans	3	6 to 8	60 to 90			5 to 9	-	20 to 25
Canary/Mayocoba beans	4	8 to 24	60 to 90			8 to 12		
Cannellini beans	3	6 to 8	60 to 90		3	6 to 9		20 to 25
Channa Dal	2.5	6 to 8	120 to 240	8 to 12	3 1/2 - 6	12 to 18		30 to 40
Chickpeas (garbanzo bean)	4	12 to 24	120 to 240	8 to 12	3 1/2 - 6	12 to 18	-	30 to 40
Corona runner	4	6 to 8	60 to 90			9 to 12	-	17 to 20
Cow peas, black eyed pea	3	None	45 to 60		3 1/2			9 to 11
Cranberry beans	3	6 to 8	45 to 60	8 to 9		7 to 10	-	30 to 34
European Soldier beans	3	6 to 8	60 to 90			8 to 11	-	
Eye of the Goat beans	3	4 to 8	60 to 120					
Fava beans (dried)	3	10 to 12	120 to 180		2 1/2	4 to 18	-	
Flageolet beans	3	4 to 8	120 to 150		3 1/2 - 4	10 to 14	-	17 to 22
Gandules (pigeon peas)	3	None	30 to 45			8 to 10	-	20 to 25
Garbanzo bean (chickpea)	4	12 to 24	120 to 150	8 to 12	3 1/2 - 6	12 to 18	-	30 to 40
Great Northern beans	3.5	6 to 8	90 to 120		2 1/2	7 to 12	-	25 to 30
Jacob's Cattle/Trout beans	3	8 to 10	90 to 120					
Kabuli chana	4	12 to 24	120 to 240		3 1/2 - 4	12 to 18	-	30 to 40
Kidney beans (red)	3	6 to 8	60 to 90		3	10 to 13		20 to 25
Lentil, Beluga	2	None	15 to 20					
Lentils, French green	2	None	45		2	-	-	10 to 12
Lentils, green or brown	2	None	20		1 1/2 - 2	-	-	-
Lentils, red, split	2	None	15 to 20		1 1/2	-	-	4 to 7
Lentils, yellow or golden	2	None	20			-	-	4 to 7
Lentil, ivory	2	None	20					
Lima, baby	4	8 to 10	50 to 60		2 1/2	2 to 3	5 to 7	12 to 15
Lima, Christmas	4	8 to 10	60 to 90			7 to 10		
Lima, large (8-10 psi)	4	8 to 10	45 to 60		2	3 to 4	4 to 7	12 to 16
Lupini beans*	4	24	60 to 120					
Marrow beans	3	6 to 8	90 to 120					
Mung beans (8 psi)	2.5	4 to 8	45 to 60					6 to 9
Navy beans (white, haricot)	3	8 to 10	90 to 120			6 to 10	-	16 to 25
Peas, dried, whole	6	None	60 to 90			4 to 6	8 to 10	16 to 18
Peas, split, green or yellow	4	None	45 to 60		2 1/2	-	-	8 to 15
Pigeon peas	3	None	30 to 45			8 to 10	-	20 to 25
Pink beans	3	6 to 8	50 to 90		3 1/2	6 to 10		
Pinto beans	3	6 to 8	60 to 90	6	3	6 to 8	-	22 to 25
Rattlesnake beans	3	6 to 8	45 to 60					
Red beans, small	2	6 to 8	60 to 90		2 1/2	4 to 6		
Rice beans	2	None	30 to 45					
Romano beans	3	4 to 8	45 to 60	8 to 9		7 to 10	-	30 to 34
Scarlet runner beans	4	10 to 24	180 to 240	9 to 12		9 to 12	-	17 to 20
Small red beans	2	6 to 8	60 to 90		2 1/2	4 to 6		
Soy beans (yellow)	4	12 to 24	120 to 180		4	9 to 15	-	28 to 35
Soy beans (black)	4	12 to 24	180 to 240			18 to 22	-	35 to 40
Swedish Brown beans	3	8 to 10	90 to 120	8 to 10				
Urad lentils (whole)	2	None	25 to 30			18 to 22		
Urad dal lentils (split, no skin)	2	None	20 to 25					
Urad lentils (split, with skin)	2	None	20 to 25					
Yellow-eyed peas	3	6 to 8	45 to 60					
Yellow Indian Woman beans	3	8 to 10	90 to 120	6 to 8				

*After cooking soak lupini beans in saltwater for 3-14 days in the fridge to remove the bitterness. Change the water every 24 hours.