

# Cooking Beans

Begin by washing beans and discarding any that are discolored, broken or deformed. Check carefully for small stones or twigs.

Most beans cook more evenly and completely if soaked overnight in enough water to cover beans completely. Remember to allow enough water to cover beans after expansion. After soaking, discard the water, rinse and add **new** water for cooking. When boiling beans, check water level often as water will be absorbed and may boil away.

Beans can be cooked with a 1" piece of Kombu seaweed. Bring to boil without lid and skim off the foam to limit intestinal gas producing properties, reduce heat and allow to simmer with lid until done. See chart below for cooking times. For best results, seasoning and salt should be added to most beans the last 5-10 minutes of cooking.

All cooking times below are approximate.

**Ratio of beans to water is 1 cup of water per ¼ cup of dried beans.**

1 cup dried beans = 4 servings

Red lentils 1 cup beans: 2 ¾ water or ½ cup beans: 1 ½ Water

Green Lentils 1 cup beans: 3 ¾ cups Water

Bean	Pre-Soak	Bring to boil then Simmer	Pressure Cook
Azuki	Yes	45-50 min	20 min
Black Turtle	Yes	45-50 min	45 min
Blackeye Peas	Optional	1 hour	45 min
Chickpeas	Yes	1 hour	45 min
Kidney	Yes	1 hour	45 min
Brown or Green Lentils	Not required	30 min	15 min
Red Lentils	Not required	15 min	15 min
Lima	Yes	55 min	35 min
Mung	Yes	1 hour	30 min
Split peas	Not required	30 min	Not recommended

Acupuncture and Herbology Limited

Dawn Rene Lucia, L.Ac.

75 Papawai Rd., RD 1

Greytown - New Zealand 5794

Telephone: 06 304 8300

[drlucia@xtra.co.nz](mailto:drlucia@xtra.co.nz) [www.acuherb.co.nz](http://www.acuherb.co.nz)