

Bean Cooking Times at a Glance

| Beans (1 cup dry) | Weight of 1 cup (grams) | Minutes under high pressure, then natural pressure release | | Yield (cups) |
|--------------------------------|-------------------------|--|-------------|--------------|
| | | Dried beans | Fresh beans | |
| Adzuki | | 16-221 | | 2 |
| Black (Turtle) | 152 | 22-25 | 11-13 | 2¼ |
| Black-eyed (Cow, Crowder) peas | 148 | 9-11 | 3-5 | 2¼ |
| Cannellini | 168 | 28-32 | | 2 |
| Chickpeas (Garbanzo) | 190 | 32-35 | | 2½ |
| Christmas Lima | | 16-18 | | 1¾ |
| Cranberry (Roman) | | 30-38 | | 2¼ |
| Fava* | | 22-28 | | 2 |
| Flageolets | | 28-34 | | 2 |
| Great Northern | | 25-30 | | 2¼ |
| Lentils | | 2-4 | | 2 |
| Lima (Large)** | | 9-10 | | 2½ |
| Lima (Baby) | | 13-15 | | 2½ |
| Navy (Pea) | 180 | 22-25 | 6-8 | 2 |
| Peas (Split, green) | | 10-12 | | 2 |
| Peas (Whole, green) | | 16-18 | | 2 |
| Pigeon peas (Gandules) | | 20-25 | | 3 |
| Pinto | 176 | 22-25 | | 2¼ |
| Red Kidney | 152 | 25-35 | 10-12 | 2 |
| Scarlet Runner | | 17-20 | | 1½ |
| Small Red | 144 | 22-25 | | |
| Soybeans (Beige)** | | 28-35 | | 2¼ |
| Soybeans (Black)** | | 32-37 | | 2½ |

Most items copied from *Cooking Under Pressure*, Lorna Sass, first edition, 2009, page 196. Significant contribution of the author of this document is the column “Fresh beans” time under pressure.

*Skins remain leathery after cooking and must be removed before serving unless the beans are pureed.

**Requires 2 tablespoons of oil for each cup of dried beans.