

| 1 Cup Dried Beans | Cooking Times | Cooking Water in Cups |
|---------------------------------|----------------------|------------------------------|
| Adzuki | 45-50 minutes | 4 |
| Black (Turtle) | 45-60 minutes | 4 |
| Black-Eyed Peas | 1 hour | 4 |
| Chick-Peas (Garbanzo) | 2 | 4 |
| Fava | 45-60 minutes | 4 |
| Kidney | 1 1/2 hours | 3 |
| Lentils | 30 minutes | 4 |
| Lima | 45-60 minutes | 4 |
| Mung | 1 1/2 hours | 4 |
| Split Pea | 35 - 40 minutes | 3 |
| Pinto | 1 1/2 hours | 3 |
| Soybean | 3 hours | 5 |
| White - Great Northern and Navy | 45-60 minutes | 4 |

Cooked Volumes in Cups

2 1/2

2 1/2

2 1/2

3 1/4

2 1/2

2 1/2

2 3/4

2 1/2

2 1/2

2 1/4

2

2 3/4

3