

Sarah Britton's guide for soaking and cooking dry lentils, beans and peas. Source: *My New Roots*, Sarah Britton, Pan Macmillan.

DRIED LEGUME (1 CUP)	SOAKING TIME	COOKING TIME (AFTER SOAKING)	APPROXIMATE YIELD
ADZUKI BEANS (195G)	NONE, OR OVERNIGHT IF POSSIBLE	30 MINUTES	2½ CUPS / 575G
BLACK BEANS (190G)	OVERNIGHT	45 TO 60 MINUTES	3 CUPS / 515G
BLACK-EYED PEAS (180G)	OVERNIGHT	60 MINUTES	3 CUPS / 600G
BROAD BEANS (150G)	OVERNIGHT	45 TO 60 MINUTES	3 CUPS / 510G
CHICKPEAS (185G)	OVERNIGHT	1½ HOURS	3 CUPS / 495G
GREAT NORTHERN BEANS (185G)	OVERNIGHT	1 TO 1½ HOURS	3 CUPS / 545G
HARICOT BEANS (185G)	OVERNIGHT	45 TO 60 MINUTES	3 CUPS / 545G
KIDNEY BEANS (200G)	OVERNIGHT	60 MINUTES	3 CUPS / 530G
LENTILS, BLACK (230G)	NONE, OR OVERNIGHT IF POSSIBLE	10 MINUTES	2 CUPS / 400G
LENTILS, DU PUY (210G)	NONE, OR OVERNIGHT IF POSSIBLE	10 TO 15 MINUTES	2½ CUPS / 450G
LENTILS, GREEN/BROWN (200G)	NONE, OR OVERNIGHT IF POSSIBLE	15 TO 20 MINUTES	2½ CUPS / 450G
LENTILS, RED (225G)	NONE, OR OVERNIGHT IF POSSIBLE	10 TO 15 MINUTES	2 CUPS / 400G
LIMA BEANS (150G)	OVERNIGHT	1 TO 1½ HOURS	3 CUPS / 565G
MUNG BEANS (210G)	NONE, OR OVERNIGHT IF POSSIBLE	60 MINUTES	2 CUPS / 200G
PINTO BEANS (200G)	OVERNIGHT	45 TO 60 MINUTES	3 CUPS / 515G
SPLIT PEAS (210G)	NONE, OR OVERNIGHT IF POSSIBLE	10 TO 25 MINUTES	2 CUPS / 400G
WHOLE PEAS (200G)	OVERNIGHT	30 TO 45 MINUTES	2 CUPS / 400G