

# PRESSURE COOKER

## BEANS + LENTILS



### COOK TIME CHEAT SHEET

#### PRESOAKING YOUR BEANS

It is not required, and most people purchase the Instant Pot so pre-meal preparation is minimal. The below time recommendation is based on beans that are not presoaked.

#### BEFORE COOKING DRIED BEANS

- Immerse dried beans in water 4 times their volume but DO NOT fill inner pot of the pressure cooker more than half-full
- Use natural release for beans because they are so gaseous.

#### Pinto Beans

25-30 min



#### Black-Eyes

#### Peas

14-18 min



#### Navy Beans

20-25 min



#### Black Beans

20-25 min



#### Lima Beans

12-14 min



#### Lentils (Red + Yellow)

8-10 min



#### Cannellini

#### Beans

30-35 min



#### Red Kidney

#### Beans

15-20 min



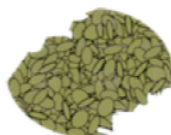
#### Chickpeas

35-40 min



#### Lentils (Green + Brown)

8-10 min



#### Peas

16-20 min



#### Soy Beans

35-45 min

