

Beans



TYPE	BEANS:WATER RATIO	STOVETOP	PRESSURE COOKER (NR*)	SLOW COOKER (LOW)	SLOW COOKER (HIGH)
Black Beans	1:3	60-90 min.	5-8 min.	6-8 hrs	2 1/2 - 3 hrs.
Cannellini Beans	1:3	60-90 min.	5-8 min.	7-9 hrs.	3 - 3 1/2 hrs.
Garbanzo Beans (Chickpeas)	1:3	60-90 min.	5-8 min.	4 1/2 - 6 hrs.	2 1/2 - 3 hrs.
Great Northern Beans	1:3	60-90 min.	5-8 min.	4-6 hrs.	2 1/2 - 3 hrs.
Navy Beans	1:3	60-90 min.	5-8 min.	6-8 hrs.	2 1/2 - 3 hrs.
Pinto Beans	1:3	60-90 min.	5-7 min.	7-9 hrs.	3 - 3 1/2 hrs.
Red Kidney Beans	1:3	60-90 min.	5-8 min.	not recommended	not recommended
Green/Brown Lentils	1:2	30-40 min.	8-10 min. (no soaking)	3-4 hrs.	1 1/2 - 2 hrs.
Red Lentils	1:2	30-40 min.	4-6 min. (no soaking)	3 hrs.	1 1/2 hrs.
Black Eyed Peas	1:3	60-90 min.	10-11 min. (no soaking)	8-9 hrs.	3 1/2 hrs.
Split Peas	1:3	30-45 min.	17 min. no soak (5 min.)	4-5 hrs. (no soaking)	2 1/2 hrs. (no soaking)

NOTES: All cooking times are for pre-soaked beans (overnight or at least 8 hours) unless otherwise noted. To slow cook, add water in the pot to cover the beans plus 2 inches. Red kidney beans contain a toxin that's destroyed when exposed to high heat, so it's not recommended to slow cook them.

*NR - Natural Release