

RINSING, COOKING & SOAKING PULSES

Cooking methods & times for dry pulses

	Beans	Whole Peas	Split Peas	Whole Lentils	Split Lentils	Whole Chickpeas	Split Chickpeas
Rinse	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Soak	Yes	Yes	No	No	No	Yes	No
Water per cup dry pulses	2 ½-3 cups	2 ½-3 cups	2 cups	2 ½-3 cups	2 cups	2 ½-3 cups	2 cups
Cooking time	1-1 ½ hours	1-1 ½ hours	45 mins	10-30 mins	5-15 mins	1-1 ½ hours	½-1 hour
Yield from 1 cup dry pulses	2 ½ cups	2 ½ cups	2 cups	2 ½ cups	2 cups	2 ½ cups	2 cups

Soaking Methods for Dry Pulses	Directions
Long, cold soak or overnight	Cover pulses with x 3 the amount of cold water as amount of pulses (e.g. 1 cup pulses = 3 cups water). Let stand 12 hours or overnight in refrigerator. To reduce unwanted carbohydrates that can cause gas, drain and replenish water once or twice throughout long soak.
Quick soak	Bring pulses and water to boil in a saucepan. Boil gently for 2 minutes then remove from heat, cover, and let stand for 1 hour.
Microwave soak	Combine pulses and water in microwavable dish. Cover and microwave on high for 10-15 minutes then let stand for 1 hour.

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Soak	Yes	Yes	No	No	No	Yes	No
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