



**TO COOK GRAINS:** Bring water or broth to a boil, add rinsed grains and return to boil. Cover pot and reduce heat to a simmer for the recommended time. Grains are done when water is absorbed, they are slightly chewy and you can fluff them with a fork. \*gluten free.

1 cup dry	Liquid	Time	Yield
Barley, pearl	2½ cups	40 minutes	3½ cups
Barley, hulled (whole-grain)	3 cups	45-60 minutes	3½ cups
Bulgur	1 ¾ cups	Add to boiling water. Cover and remove from heat, let sit 10-15 minutes	2½ cups
Brown Rice* long or short grain	2 cups	50 minutes	3 cups
Oats, regular	2 cups	5-10 minutes	2 cups
Buckwheat* (kasha)	2 cups	15-20 minutes. Let stand for 5-10 minutes.	2½ cups
Farro	3 cups	40-50 minutes	3 cups
Quinoa*	1½ cups	12-15 minutes	3 cups

**TO COOK LEGUMES\*:** Bring water or broth to a boil, add rinsed legumes and return to boil. Cover pot and reduce heat to a simmer for the recommended time, or to taste. Drain as needed.

1 cup dry	Liquid	Time	Yield
Lentils, green or brown	3 cups	20-25 minutes	2¼ cups
Lentils red	3 cups	10 minutes	2½ cups
French green	2½ cups	25-30 minutes	2 cups
Split peas green or yellow	3 cups	30-40 minutes	2 cups



### TO SOAK BEANS:

**Sort and Rinse:** Discard any shriveled or disfigured beans and remove any pebbles or debris. Rinse in cold water and drain.

**Long-Soak:** Soaking allows beans to absorb water, reducing the cooking time while increasing digestibility and tenderness. Cover beans in several inches of cold water and let soak for 6-10 hours (or overnight). Discard the soaking water and replace with fresh before cooking.

**Quick-Soak:** Using a 1:3 beans to water ratio, bring beans and water to a boil for 5 minutes in a saucepan then turn off heat, cover and let stand for 1 hour. Drain beans, refresh water and cook.

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### TO COOK BEANS:

**Stove top:** Whether using pre-soaked or “quick-soaked” beans, bring water and beans to a boil in a sauce pan then reduce heat to a simmer and wait. See the cooking chart provided for estimated cook times. Beans are done when they can be easily mashed with a fork.

**Slow cooker:** Beans must be boiled on the stove for at least 5 minutes before transferring to the slow cooker (whether they were pre-soaked or not). Set slow cooker to low for 6-8 hours or on high for 3-4 hours. Cooking times vary greatly between slow cookers so check manufacturer’s directions.

- Wait to add salt or any acidic ingredient (ie: vinegar or tomatoes) to beans until after they are fully cooked. If added before, they will take significantly longer to cook.
- When cooking beans for a recipe, make double or triple and freeze in 1-cup portions.
- In general, beans are cooked in a 1:4 beans to water ratio and will yield 2-3 cups cooked for every 1 cup dried.
- Be sure to refresh water before cooking to increase digestibility and decrease flatulence.

POPULAR GRAINS



Beans (1 cup)	Water	Stove Top (soaked)
Black Beans	3-4 cups	1½ hours
Black-Eyed Peas	3-4 cups	30-45 minutes
Cannellini	3-4 cups	1-1½ hours
Garbanzo (Chickpeas)	3-4 cups	1½-2 hours
Great Northern	3-4 cups	1-1½ hours
Kidney	3 cups	1-1½ hours
Lima	2-3 cups	1 hour
Navy	3-4 cups	1-1½ hours
Pinto	3 cups	1½ hours
Soybeans	3-4 cups	2-3 hours