

INSTANT POT

COOKING TABLE

for BEANS



DRIED BEANS ♥	DRY (MIN) ♥	SOAKED (MIN)
adzuki	16 - 20	4 - 6
black beans	20 - 25	6 - 8
black-eyed peas	14 - 18	4 - 5
chickpeas	35 - 40	10 - 15
cannellini / white kidney	30 - 35	6 - 9
great northern	25 - 30	7 - 8
kidney beans, red	15 - 20	7 - 8
lentils, green	8 - 10	N/A
lentils, brown	8 - 10	N/A
lentils, red	1 - 2	N/A
lentils, yellow	1 - 2	N/A
lima beans	12 - 14	6 - 10
navy beans	20 - 25	7 - 8
pinto beans	25 - 30	6 - 9
peas	16 - 20	10 - 12
soybeans	35 - 45	18 - 20

WORLD OF VEGAN

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