

Cooking chart

Dry measure	Water	Cooking time	Yield
Adzuki	3 cups (750 mL)	45 minutes	3 cups (750 mL)
Black	3 cups (750 mL)	1 1/2 hours	3 cups (750 mL)
Chickpeas	4 cups (1 L)	3 hours	2 1/2 cups (625 mL)
Great Northern	3 1/2 cups (875 mL)	2 hours	2 1/2 cups (625 mL)
Kidney	3 cups (750 mL)	2 hours	2 cups (500 mL)
Lentils	3 cups (750 mL)	35-45 minutes	2 1/4 cups (550 mL)
Navy	3 cups (750 mL)	2 1/2 hours	2 cups (500 mL)
Pinto	3 cups (750 mL)	2 hours	2 cups (500 mL)
Soy beans	4 cups (1 L)	3 1/2 hours	3 cups (750 mL)
Split peas	3 cups (750 mL)	45 minutes	2 1/2 cups (625 mL)