

Cooking Up Legumes Guide

From *The Plant-Powered Diet* by Sharon Palmer, RD

Legume	Cooking Method
Dried beans, chick peas, whole dried peas	<p>Rinse and drain the legumes. Discard any damaged legumes and any foreign material. Use one of two methods to rehydrate:</p> <ul style="list-style-type: none">• Quick Hot Soak—Cover with water and boil for 2 minutes. Cover the pot and soak for 1 to 4 hours. Discard the soaking water and cover with fresh water.• Overnight Cold Soak—Cover with water and soak overnight (12 hours or more). Discard the soaking water and cover with fresh water. <p>Bring the beans and water to a boil, reduce the heat, and simmer. Most bean varieties take 1-1/2 to 2 hours to cook, and peas take up to 40 minutes. Stir occasionally and test for tenderness.</p> <p>One pound yields about 5 to 6 cups cooked.</p>
Split peas	<p>Split peas do not require soaking. Rinse and drain the peas. Discard any damaged peas and any foreign material.</p> <p>Put the peas into a pot and add 2 cups of water for every cup of dried peas. Bring to a boil, reduce the heat, and simmer until they reach desired tenderness, about 30 minutes.</p> <p>One pound yields about 5 cups cooked.</p>
Lentils	<p>Lentils do not require soaking. Rinse and drain the lentils. Discard any damaged lentils and any foreign material.</p> <p>Put the lentils into a pot and add 2-1/2 cups of water for every cup of lentils. Bring to a boil, reduce the heat, and simmer to desired tenderness, 15 to 20 minutes.</p> <p>One pound yields about 5 cups cooked.</p>

Source: Information from U.S. Dried Beans Council (<http://www.usdrybeans.com/>), Northern Pulse Growers Association (<http://www.northernpulse.com/>)