## Cooking Up Legumes Guide

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

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| **Dried beans, chick peas, whole dried peas** | Rinse and drain the legumes. Discard any damaged legumes and any foreign material. Use one of two methods to rehydrate:  
- 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.  
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.  
One pound yields about 5 to 6 cups cooked. |
| **Split peas**                | Split peas do not require soaking. Rinse and drain the peas. Discard any damaged peas and any foreign material.  
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.  
One pound yields about 5 cups cooked. |
| **Lentils**                   | Lentils do not require soaking. Rinse and drain the lentils. Discard any damaged lentils and any foreign material.  
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.  
One pound yields about 5 cups cooked. |

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