

Soaking & Cooking Times for Beans

+ RECIPE IDEAS

NAVY BEANS

Soaking time: 8–12 hours
Cooking time: 1–1.5 hours



Make a creamy navy bean soup with garlic, onions, and herbs. Perfect for a hearty, comforting meal on chilly days.

BLACK BEANS

Soaking time: 8–12 hours
Cooking time: 1–1.5 hours



Toss cooked black beans into a taco salad with avocado, cilantro, lime, and a drizzle of salsa for a quick, tasty lunch.

KIDNEY BEANS

Soaking time: 8–12 hours
Cooking time: 2–3 hours



Kidney beans are great in chili, adding texture and a rich flavour. Remember to cook thoroughly to avoid toxins.

PINTO BEANS

Soaking time: 6–8 hours
Cooking time: 1–1.5 hours



Mash cooked pinto beans with garlic, lime, and cilantro for a quick, flavourful side or dip for tacos and nachos.

CHICKPEAS (GARBAZO BEANS)

Soaking time: 12–24 hours
Cooking time: 1–1.5 hours



Blend cooked chickpeas with tahini, olive oil, lemon juice, and garlic to make smooth, creamy hummus.

LIMA BEANS

Soaking time: 6–8 hours
Cooking time: 1–1.5 hours



Cook lima beans with onions, garlic, and a splash of lemon for a savoury side dish, perfect with grilled meats.

CANNELLINI BEANS

Soaking time: 8–12 hours
Cooking time: 1–1.5 hours



Add cooked cannellini beans to pasta dishes or soups for extra creaminess. Try them in a Tuscan white bean and kale soup.

ADZUKI BEANS

Soaking time: 8–12 hours
Cooking time: 1–1.5 hours



Cook adzuki beans in coconut milk with curry spices like turmeric, cumin, and coriander for a rich, flavourful coconut curry.

BLACK-EYED PEAS

Soaking time: 6–8 hours
Cooking time: 1 hour



Cook black-eyed peas with smoked ham hocks, onion, garlic, and bay leaves for a classic Southern-style dish.

