

Legumes

| (1 CUP MEASURE) | WATER | COOKING TIME | YIELD |
|-----------------------|------------|---------------|------------|
| Azuki Beans | 3 1/2 cups | 45–60 minutes | 3 cups |
| Black-Eyed Peas | 3 cups | 1 hour | 2 cups |
| Broad/Fava Beans | 4 cups | 1 hour | 2 cups |
| Chickpeas (Garbanzos) | 4 cups | 3 hours | 2 cups |
| Kidney Bean Family | 3 cups | 2 hours | 2 cups |
| Lentils | 3 cups | 30–60 minutes | 2 1/4 cups |
| Lima Beans | | | |
| Large | 2 cups | 1 1/2 hours | 2 cups |
| Baby | 2 cups | 1 hour | 1 3/4 cups |
| Mung | 3 cups | 1 hour | 2 cups |
| Dried Peas | 3 1/2 cups | 1 hour | 2 1/4 cups |
| Pigeon Peas | 3 cups | 90 minutes | 3 cups |
| Scarlet Runner Beans | 3 cups | 75 minutes | 3 cups |
| Soybeans | 4 cups | 3+ hours | 2 cups |
| Soy grits | 2 cups | 15 minutes | 2 cups |

TABLE 2: BOILING INSTRUCTIONS FOR WHOLE GRAINS

| GRAIN | PREP NEEDED | WATER-TO- GRAIN RATIO | BOIL TIME |
|-------------|--------------------|--------------------------|---------------|
| Brown rice | Soaking preferred | 2:1 | 50 minutes |
| Barley | Soaking preferred | 2:1 | 45 minutes |
| Buckwheat | Roasting preferred | 2:1 | 20 minutes |
| Millet | Roasting preferred | 3:1 | 30 minutes |
| Oats | Soaking needed | 2 to 4:1 | 50 minutes |
| Quinoa | Roasting preferred | 2:1 | 25 minutes |
| Amaranth | None | 3:1 | 30 minutes |
| Whole wheat | Soaking needed | 2:1 | 50–60 minutes |
| Spelt | Soaking needed | 2:1 | 50–60 minutes |
| Rye | Soaking needed | 2:1 | 50–60 minutes |
| Hato Mugi | Soaking preferred | 2:1 | 45 minutes |
| Teff | None | 4:1 | 30 minutes |