



Grains and Beans Cooking Times

1 CUP DRY MEASURE	WATER	COOKING TIME	YIELD
BARLEY (WHOLE)	3 CUPS	1 HOUR 15 MINUTES	3 1/2 CUPS
BROWN RICE	2 CUPS	1 HOUR	3 CUPS
BUCKWHEAT (KASHA)	2 CUPS	15 MINUTES	2 1/2 CUPS
BULGUR WHEAT	2 CUPS	15-20 MINUTES	2 1/2 CUPS
CRACKED WHEAT	2 CUPS	25 MINUTES	2 1/3 CUPS
MILLET	3 CUPS	45 MINUTES	3 1/2 CUPS
COARCE CORNMEAL	4 CUPS	25 MINUTES	3 CUPS
WILD RICE	3 CUPS	1 HOUR OR MORE	4 CUPS
WHOLE WHEAT BERRIES	3 CUPS	2 HOURS	2 2/3 CUPS
BLACK BEANS	4 CUPS	1 1/2 HOURS	2 CUPS
BLACK-EYED PEAS	3 CUPS	1 HOUR	2 CUPS
GARBANZOS (CHICKPEAS)	4 CUPS	3 HOURS	2 CUPS
GREAT NORTHERN BEANS	3 1/2 CUPS	2 HOURS	2 CUPS
KIDNEY BEANS	3 CUPS	1 1/2 HOURS	2 CUPS
LENTILS AND SPLIT PEAS	3 CUPS	1 HOUR	2 1/4 CUPS
LIMAS	2 CUPS	1 1/2 HOURS	1 1/4 CUPS
BABY LIMAS	2 CUPS	1 1/2 HOURS	1 3/4 CUPS
PINTO BEANS	3 CUPS	2 1/2 HOURS	2 CUPS
RED BEANS	3 CUPS	3 HOURS OR MORE	2 CUPS
SMALL WHITE BEANS (NAVY, ECT.)	3 CUPS	1 1/2 HOURS	2 CUPS
SOYBEANS	4 CUPS	3 HOURS OR MORE	2 CUPS
SOY GRITS	2 CUPS	15 MINUTES	2 CUPS