



INSTANT POT CHEAT SHEET

Cooking Times For Beans

Beans Dry Cooking / Soaked Cooking Times

Adzuki Beans	16-20	/	4-6
Anasazi Beans	20-125	/	5-7
Black Beans	20-25	/	4-6
Black-Eyed Peas	6-7	/	4-5
Chickpeas	35-40	/	10-15
Cannellini Beans	25-30	/	6-9
Gandules	20-25	/	6-9
Great Northern Beans	25-30	/	6-9
Lentils French Green	4-6	/	N/A
Lentils Brown	4-6	/	N/A
Lentils Red Split	1-2	/	N/A
Lentils Yellow Split	1-2	/	N/A
Lima Beans	12-14	/	3-6
Kidney Beans Red	15-20	/	7-8
Cannellini Beans	25-30	/	6-9
Haricot Beans	20-25	/	7-8
Pinto Beans	23-25	/	6-9
Peas	16-20	/	10-12
Soy Beans	35-45	/	18-20

Dried Beans double in volume and weight after soaking and cooking. Make sure you only fill the inner pot to half capacity to allow room for expansion.

