

Cooking Guide for Pulses

Here is a handy guide to show how many grams of fiber are found in each type of pulse. Take a look at lentils! They require no soaking, cook fast and have some of the highest fiber contents!

Bean Type	Fiber Content/Cup	Soaking Time	Cooking Time	Uses
Black Beans	15 grams	Overnight	1.5 hours	Soups, chili
Black Eyed Peas	11 grams	1 hour	1 hour	Side dish
Cannellini Beans	14 grams	Overnight	1 hour	Soup, side dish
Garbanzo Beans	14 grams	Overnight	2 hours	Hummus, recipes
Great Northern	12 grams	Overnight	1.5 hours	Recipes, chili
Green Split Peas	16 grams	None	1 hour	Soups
Kidney Beans	11 grams	Overnight	1 hour	Side dish, soup
Lentils, brown	15.6 grams	None	1 hour	Side dish, soup
Lentils, green	15.6 grams	None	45 minutes	Side dish, soup
Lentils, red	15.6 grams	None	30 minutes	Side dish, soup
Lima Beans	7.6 grams	None	1 hour	Side dish
Navy Beans	19 grams	Overnight	1 hour	Soup, side dish
Pinto Beans	15.4 grams	1 hour	1.5 hours	Side dish, refried beans, soup, chili

Soaking methods:

Preparation: Place dried pulses in colander. Rinse with cold water. Sort to remove any stones or debris.

Overnight Soaking: Pour into large pot and fill with water to cover by several inches. Cover the pot and keep on the counter or stove overnight.

Quick Method Soaking: Bring the beans to a boil then shut off the stove. Allow to sit for one hour. Proceed with cooking instructions.

Skip the Soaking: Most beans can skip the soaking step if you use a pressure cooker. Follow manufacturer's instructions.