

INSTANT POT BEANS + LENTILS



cook time & instructions

PRESOAKING YOUR BEANS

It is not required, and most people purchase the Instant Pot so pre-meal preparation is minimal. The below time recommendation is based on beans that are not presoaked.

Before Cooking Dried Beans...

- Immerse dried beans in water 4 times their volume but DO NOT fill inner pot of the pressure cooker more than half-full
- Use natural release for beans because they are so gaseous

Black Beans

20 – 25 min



Black-Eyed-Peas

14-18 min



Chickpeas

35 – 40 min



Red Kidney Beans

15 – 20 min



Cannellini Beans

30 – 35 min



Lima Beans

12 – 14 min



Navy Beans

20 – 25 min



Pinto Beans

25 – 30 min



Peas

16 – 20 min



Soy Beans

35 – 45 min



Lentils (green +

1 brown)



Lentils (red + yellow)

8 – 10 min

