





Simple Guide to COOKING PULSES

Pulse	 To Soak or Not To Soak*	 Bring to a Boil, then Simmer for:
BEANS		
Small-Medium (like black, kidney, pinto and Great Northern beans)	✓	1-2 Hours
Large (like lima beans and fava beans)	✓	2-4 Hours
CHICKPEAS		
LENTILS		
Whole (skins on, like green, Pardina and French green lentils)	✗	20-30 Minutes
De-hulled (skins removed, like red split lentils)	✗	5-10 Minutes
PEAS		
Whole	✓	40-45 Minutes
Split	✗	20-30 Minutes

*Soaking pulses for 4-8 hours before cooking is recommended (but not required) to reduce the cooking time and ensure beans, chickpeas and whole dry peas cook evenly. If you opt not to soak, add 1-2 hours of simmering time.