

How to Store Pulses

Pulses are one of the world's most nutritious, affordable, shelf-stable food sources!

PANTRY

Dry Pulses



STORE TIME: UP TO 1 YEAR
If stored for longer, pulses may require longer cooking times to soften

Canned Pulses (Sealed)



STORE TIME: SEVERAL YEARS

REFRIGERATOR

Salads



STORE TIME: UP TO 3 DAYS
Store in sealed, airtight container

Cooked or Canned Pulses (Opened)



STORE TIME: UP TO 5 DAYS
Sealed in airtight container in cooking liquid or covered with water

Soups, Chili and Curries



STORE TIME: UP TO 5 DAYS
Store in sealed, airtight container

FREEZER

Cooked Pulses



STORE TIME: UP TO 6 MONTHS
After pulses have cooled completely, drain any excess liquid and store in single-serving portions in sealed, airtight containers or freezer bags

Soups, Chili and Curries



STORE TIME: 3-6 MONTHS
Store in sealed, airtight container

TIPS

Store dry and canned pulses in a dark, dry and cool place for lasting freshness

Always store pulses (dry or cooked) in airtight containers

To thaw frozen pulses or meals, place in the refrigerator overnight to thaw, or warm over gentle heat just before eating

Learn more at: www.pulsepledge.com

