

# BEANS

tasty, filling, protein



## How to Soak and Cook

**TIP:** ½ cup dry = 1 cup cooked



### 1. Soak Your Beans

**TRADITIONAL SOAK:** Pour enough cool water over beans to cover completely. Soak for 8 hours or overnight. Drain soaking water and rinse beans with cool water.

OR

**QUICK SOAK:** Place 1 cup of beans in a large pot with 3 cups of water. Bring to a boil for 3 minutes then remove from heat and let stand for 1 hour. Drain soaking water and rinse beans in cool water.

### 2. Combine 1 cup beans with 2 cups water and bring to a boil.

 For every cup of beans, use 2 cups of water.

### 3. Simmer on low for XX minutes–X hours

Find ways to use and more at [usapulses.org/TIPS](https://usapulses.org/TIPS)

# CHICK-PEAS

(GARBANZO BEANS)

tasty, filling, protein

## How to Soak and Cook

**TIP:** ½ cup dry = 1 cup cooked



### 1. Soak Your Chickpeas

**OVERNIGHT SOAK:** Use three cups of cold water for each cup of chickpeas, let stand for 8-24 hours and drain.

OR

**QUICK SOAK:** Use three cups of cold water for each cup of chickpeas, boil 2 minutes, remove from heat, cover and let stand for one hour, drain.

### 2. Combine chickpeas and water, and bring to a boil.

💧 For every cup of chickpeas, use 3 cups of water.

### 3. Simmer for 1.5 - 2 hours.

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# SPLIT PEAS

tasty, filling, protein

## How to Soak and Cook

**TIP:** ½ cup dry = 1 cup cooked



1. Rinse split peas with water—no need to soak!
2. Combine split peas and water, bring to a boil.  
💧 *For every cup of split peas, use 2 cups of water.*
3. Simmer for 30 minutes.

Find ways to use and more at [usapulses.org/TIPS](https://usapulses.org/TIPS)

# LENTILS

tasty, filling, protein

## How to Soak and Cook

**TIP:** ½ cup dry = 1 cup cooked



1. Rinse split peas with water—no need to soak!
2. Combine lentils and water, bring to a boil.  
💧 For every cup of split peas, use 2 cups of water.
3. Most types of lentils need to simmer for **X** to **XX** minutes until tender. Like pasta, check them while cooking until they reach your desired texture.

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