

Instant Pot Times & Techniques - LEGUMES

Rinse dry beans & add to pot. Or soak overnight, rinse & add to pot. Add garlic, bay leaf, etc.					
Type	Legumes	Water	Dry Beans/ Pressure cook time	Soaked Beans/ Pressure cook time	Natural Release (NR)
Adzuki Beans	1 cup	4 cups	25 minutes	10 minutes	NR
Baby Lima/ Butter Beans	2 cups	6 cups	25 minutes	15 minutes	NR
Black Beans	2 cups	6 cups	30 minutes	15 minutes	NR
Black Beluga Lentils	2 cups	6 cups	6 minutes	3 minutes	NR
Black-eyed Peas	2 cups	6 cups	20 minutes	10 minutes	NR
Brown Lentils	2 cups	6 cups	15 minutes	8 minutes	NR
Cannellini Beans	2 cups	6 cups	40 minutes	15 minutes	NR
French Lentils	2 cups	6 cups	15 minutes	8 minutes	NR
Garbanzo Beans	2 cups	6 cups	40 minutes	15 minutes	NR
Great Northern Beans	2 cups	6 cups	30 minutes	15 minutes	NR
Green Lentils	2 cups	6 cups	15 minutes	8 minutes	NR
Kidney Beans	2 cups	6 cups	45 minutes	20 minutes	NR
Navy Beans	2 cups	6 cups	25 minutes	10 minutes	NR
Pinto Beans	2 cups	6 cups	35 minutes	15 minutes	NR
Red Lentils	2 cups	6 cups	6 minutes	3 minutes	NR
Soy Beans	2 cups	6 cups	40 minutes	20 minutes	NR
Split Peas	2 cups	6 cups	15 minutes	8 minutes	NR
Yellow Lentils	2 cups	6 cups	20 minutes	10 minutes	NR