



Cooking Legumes

Many people think dried legumes are hard to prepare and need hours of soaking and boiling before you can use them. But this just isn't true!

Many varieties can be ready to eat in just 30 minutes. If you're cooking dried legumes, follow either the quick or traditional methods below.

	Amount of Water Per 1 Cup of Legumes	Quick Preparation Method	Traditional Preparation Method
Lentils	3 cups	Bring to the boil and simmer for approx 20 minutes.	No soaking required. Bring to the boil and simmer for approx 20 minutes.
Split Peas	3 cups	Bring to the boil and simmer for approx 30-45 minutes.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx 20-30 minutes.
Chickpeas	3 cups	Bring to the boil and simmer for approx 45-60 minutes.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx 20-30 minutes.
Beans	3 cups	Bring to the boil and simmer for approx 45 minutes.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx 20-30 minutes.
Peas	3 cups	Bring to the boil and simmer for approx 50-60 minutes.	Soak 6-8 hours. Drain. Place in fresh water, bring to boil and simmer for approx 20-30 minutes.

SOAKING

Most legumes need to be soaked to make them easier to digest and to maximise nutrient absorption. But split peas and lentils don't.

CANNED LEGUMES

Canned legumes are a handy alternative to dried legumes. Sodium is added during the canning process to preserve the integrity and appearance of the legumes. The sodium can be lowered by almost half by simply rinsing them thoroughly.

GET AHEAD WITH YOUR MEAL PREP - DRAIN, RINSE AND FREEZE COOKED LEGUMES IN ZIPLOCK BAGS - READY TO THROW INTO A SOUP OR USE AS A WRAP FILLING FOR A QUICK LUNCH OR DINNER!

TO MAKE YOUR PREP EVEN QUICKER, KEEP SOAKED LEGUMES COVERED WITH WATER IN THE FRIDGE - SIMPLY RINSE & COOK AS YOU NEED THEM. THEY'LL KEEP UNCOOKED FOR 2-3 DAYS.

