



Bulk Grain & Legume Cooking Chart

Bulk Grains & Legumes	Dry Cups	Liquid Needed	Stove Top Cook Time	Cups Yielded
Adzuki Beans	1 Cup	4 cups	50 minutes	3 cups
Amaranth	1 Cup	2 cups	25-30 min.	2 1/2 cups
Barley Flakes, Rolled	1 Cup	3 cups	5-10 minutes	
Barley, Hulless	1 Cup	3 cups	50-55 minutes	2 cups
Barley, Pearled	1 Cup	3 cups	50-60 minutes	3 1/2 cups
Black Eyed Peas	1 Cup	3 cups	60 minutes	2 cups
Black Turtle Beans	1 Cup	3-4 cups	60-90 minutes	2 cups
Buckwheat Kasha	1 Cup	2 cups	15-20 minutes	3 cups
Cannellini Bean	1 Cup	3-4 cups	45-60 minutes	2 1/2 cups
Cereal, Seven Grain	1 Cup	3 cups	10-12 minutes	2 cups
Corn Grits	1 Cup	5 Cups	15-20 minutes	
Cornmeal (polenta)	1 Cup	4 cups	25-30 minutes	2 1/2 cups
Couscous - French	1 Cup	1 1/2 cups	5 minutes	
Farro, pearled	1 Cup	3 cups	20-25 minutes	3 cups
Fava Beans	1 Cup	3 cups	50 minutes	1 3/4 cups
Garbanzo Beans (Chickpeas)	1 Cup	4 cups	90-120 minutes	2 cups
Great Northern Beans	1 Cup	3 -4 cups	60-90 minutes	2 cups
Groats, Hulled Oat	1 Cup	3 cups	50-60 minutes	3 cups
Kidney Beans/Chili Beans	1 Cup	3 cups	60-120 minutes	2 cups
Lentils, Brown	1 Cup	3 cups	30-40 minutes	2 1/4 cups
Lentils, French	1 Cup	3 cups	30-45 minutes	2 cups
Lentils, Green	1 Cup	3 cups	30-45 minutes	2 cups
Lentils, Red	1 Cup	3 cups	15-20 minutes	2 cups
Lima Beans, Baby	1 Cup	4 cups	50-60 minutes	3 cups
Mung Beans	1 Cup	3 cups	45-60 minutes	2 cups
Navy Beans	1 Cup	3 cups	50 minutes	2 3/4 cups
Oats, Quick	1 Cup	2 cups	8 minutes	4 cups
Oats, Steel Cut	1 Cup	3 cups	45-60 minutes	3 cups
Oats, Thick Rolled	1/2 Cup	1 cup	10-20 minutes	
Pinto beans	1 Cup	3 cups	1 hour, 15 minutes	2 3/4 cups
Quinoa (all types)	1 Cup	2 cups	15-20 minutes	3 cups
Rice, Arborio/Risotto	1 Cup	2 1/2 cups gradually	35-40 uncovered stirring	2 1/2 cups
Rice, brown Basmati	1 Cup	2 cups	50 minutes	4 cups
Rice, Brown Golden Rose	1 Cup	2 cups	35-45 minutes	2 1/2 cups
Rice, Brown Jasmine	1 Cup	1 3/4 cups	30-35 minutes	2 3/4
Rice, Brown Long Grain	1 Cup	1 1/2 cups	45 minutes	3 cups
Rice, Brown Short Grain	1 Cup	2 cups	55 minutes	3 cups
Rice, Forbidden (Black)	1 Cup	1 1/2 cups	30-35 minutes	3 cups
Rice, Jade Pearl	1 Cup	2 cups	20 minutes	2 1/4 cups
Rice, Jasmine Ruby Red	1 Cup	2 cups	30 minutes	
Rice, Madagascar Pink	1 Cup	2 cups	20-25 minutes	2 cups
Rice, Mekong Flower	1 Cup	1 3/4 cups	30 minutes	
Rice, Sushi	1 Cup	2 cups	15-35 minutes	2 cups
Rice, Volcano	1 Cup	2 cups	30-35 minutes	2 1/2 cups

Rice, White Basmati	1 Cup	1 3/4 cups	35 minutes	3 cups
Rice, White Jasmine	1 Cup	1 1/2 cups	20 minutes	
Rice, White Long Grain	1 Cup	2 cups	15 minutes	3 cups
Rice, Wild Blend	1 Cup	1 3/4 cups	55 minutes	
Rye Berries	1 Cup	3 1/2-4 cups	50-60 minutes	2 1/2 cups
Rye, flaked	1 Cup	3 cups	30 minutes	3 cups
Soybeans	1 Cup	4 cups	3 hours, 30 minutes	3 cups
Split Peas, Green	1 Cup	3 cups	45-60 minutes	2 cups
Split Peas, Yellow	1 Cup	3 cups	45-60 minutes	2 cups
Wheat Berries, Soft White	1/2 Cup	1 3/4 cups	60 minutes	
Wheat Berries, Winter	1/2 Cup	1 3/4 cups	60 minutes	
Wheat, Cracked	1 Cup	2 cups	20-25 minutes	2 1/4 cups
Wheat, Freekeh	1 Cup	2 1/2 cups	35-45 minutes	2 3/4 cups

Information in this document is suggested. Actual cooking times may vary.