



Cooking Legumes

Legumes are the family of dry peas, dry beans, and lentils. They provide fibre, folate, and protein with little fat. Legumes are a budget friendly protein.

Pre-soaking legumes

Soak 1 cup (250 mL) of legumes in 3 cups (750 mL) of water and follow one method:

1. Overnight method: Let stand 8 – 12 hours or overnight in refrigerator. Drain.
2. Quick Method: Bring beans to boil and simmer for 2 – 3 minutes. Remove from heat, cover, and let stand 1 hour. Drain.
3. Microwave method: Cover and microwave on high for 10 – 15 minutes and let stand 1 hour. Drain.

Cooking dried legumes

Legumes	Rinse	Pre-Soak	Amount of water for cooking per 1 cup (250 mL) dry legumes	Cooking Time: bring to boil, reduce heat and simmer until tender	1 cup (250 mL) dry legumes makes
Beans	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Whole Peas	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Split Peas	Yes	No	2 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Whole Green Lentils	Yes	No	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Split Red lentils	Yes	No	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)
Chickpeas	Yes	Yes	2 ½ - 3 cups (625 to 750 mL)	1 – 1 ½ hrs	2 ½ cups (625 mL)

Canned legumes

- Are pre-cooked making them convenient and easy to prepare.
- Require little or no cooking.
- Should be drained and rinsed to remove sodium

3 ways to eat legumes

1. Add 2 cups (500 mL) of whole or pureed chickpeas or kidney beans to your spaghetti sauce instead of 1 lb (454 g) ground beef.
2. Add ½ cup (125 mL) of cooked legumes to broth-style soups.
3. Add 1 cup (250 mL) of chickpeas to any salad for a different twist.