



COOKING WITH GALLOWAY'S / Beans

BEANS (1 CUP)	CUPS OF LIQUID	COOKING TIME	YIELD
AZUKI BEANS	4 cups	45-55min	3 cups
BLACK BEANS	4 cups	1½ hour	2 ¼ cups
CANELLINI/WHITE KIDNEY BEANS	3 cups	45 minutes	2 ½ cups
CRANBERRY/ROMANO BEANS	3 cups	40-45 minutes	3 cups
FAVA BEANS	4 cups	40-50 minutes	1⅔ cups



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FLAGEOLET BEANS	7 cups	1 hour 10 minutes	2 ½ cups
GREAT NORTHERN BEANS	3 ½ cups	1 ½ hours	2⅔ cups
KIDNEY BEANS	3 cups	1 hour	2 ¼ cups
LIMA BEANS, LARGE	4 cups	45mins-1hour	2 cups
LIMA BEANS, SMALL	4 cups	50-60 minutes	3 cups



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MUNG BEANS	2 ½ cups	1 hour	2 cups
NAVY BEANS	3 cups	45-60 minutes	2⅔ cups
PINTO BEANS	3 cups	1 ½ hours	2⅔ cups