

Instant Pot (Pressure Cooker)
Legume Chart (Soaked)

WWW.INSPIRINGNHKIDS.COM

Adzuki (both red and green)	3
Anasazi	3
Black Beans	6
Black Eye Peas	3
Black Orca	5
Cannellini	6
Cranberry	7
Fava	10
Garbanzo (Chickpeas)	13
Great Northern	13
Lentils	7
Lima	5
Navy	6
Pinto	7
Red Lentil	7
Scarlet Runner	5