

INSTANT POT BEANS GUIDE

A cooking guide on how to cook dried beans in your pressure cooker. Save this guide to refer to each time you decide to cook dried beans in the pressure cooker.

	SOFT BEANS	FIRM BEANS	SOAKED FOR 12 HOURS	LIQUID TO BEAN RATIO
KIDNEY BEANS	45 minutes	40 minutes	25 minutes	4 cups liquid to 1 cup beans no drain thick beans
PINTO BEANS	45 minutes	40 minutes	15 minutes	5 cups liquid to 1 cup beans will have some liquid left in pot.
BLACK BEANS	35 minutes	30 minutes	15 minutes	Other liquid to bean ratio
NORTHERN BEANS	45 minutes	40 minutes	20 minutes	If you are cooking in a recipe follow the water to bean ratio as directed in recipe
CANNELLINI	35 minutes	30 minutes	15 minutes	
GARBANZO BEANS	45 minutes	40 minutes	20 minutes	

