Cooking Times: Grains, Beans and Lentils

Approximate times. Check the package

Food	Cooking guide
White rice	about 1 part rice to 2 parts water, 15 to 18 minutes
Brown rice	about 40 to 45 minutes, a bit more water
Quinoa	1 part to 2 parts water, 12 to 15 minutes
Pasta	8 to 12 minutes. Follow the package
Rolled oats	about 5 minutes
Couscous	pour on boiling water, cover and rest about 5 minutes
Red lentils	15 to 20 minutes, no soaking
Green or brown lentils	25 to 30 minutes
Dried chickpeas	soak overnight, then simmer 1 to 1.5 hours
Dried black beans	soak overnight, then simmer about 1 to 1.5 hours

Kidney beans must be boiled hard for at least 10 minutes. Undercooked kidney beans can make you ill.

Tip: Acids such as tomatoes and vinegar can slow softening. Add them near the end for beans.

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