

Legumes & Grains Pressure Cooking Guide



Function	Food	Ratio	Best setting
LEGUMES	Black/Pinto/Small Red/Navy Beans	1 cup : 3 cups of water	12.0 psi/10 mins/Natural
	Cannellini/Kidney Beans	1 cup : 3 cups of water	12.0 psi/20 mins/Natural
	Garbanzo Beans	1 cup : 3 cups of water	12.0 psi/20 mins/Natural
	Lentils	1 cup : 3 cups of water	12.0 psi/5 mins/Natural
GRAINS	Quinoa	1 cup : 1.25 cups of water	7.5 psi/5 mins/Pulse
	Farro	1 cup : 3 cups of water	7.5 psi/10 mins/Pulse
	Bulgar	1 cup : 3 cups of water	7.5 psi/10 mins/Pulse
	Barley	1 cup : 3 cups of water	7.5 psi/10 mins/Pulse
RICE	White (long-grain, basmati, jasmine, calrose)	1 cup : 1.25 cups of water	7.5 psi/5 mins/Pulse
	Brown (long-grain, basmati, jasmine)	1 cup : 1.5 cups of water	7.5 psi/10 mins/Pulse
	Sushi	1 cup : 1.5 cups of water	7.5 psi/10 mins/Pulse
	Red/Black Rice	1 cup : 1.5 cups of water	7.5 psi/13 mins/Pulse



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