

RANCHO GORDO HEIRLOOM BEANS AND PRESSURE COOKING

Many of our beans have been tested on an Instant-Pot Electric Pressure Cooker by some members of the Facebook group, Plant-Based Instant-Pot People. This is a versatile machine that can be used on a countertop. There are many conditions that will affect final cooking times of beans, but if you're using an Instant Pot or a traditional

pressure cooker, these times from actual Instant Pot users will be a great guideline. First you must read and understand your pressure cooker's instructions but then use these times as a gauge on how long to cook your Rancho Gordo heirloom beans. Commercial and commodity beans tend to be older and take more time to cook.

Bean Variety	Cooking Time with Soaked Beans	Cooking Time with Unsoaked Beans
<i>A minimum of 15 minutes of Natural Release Pressure (NPR) is recommended for all beans.</i>		
Alubia Blanca	8 - 12 minutes	18 - 22 minutes
Ayocote Amarillo	11 - 13	
Ayocote Blanco	12 - 15	35 - 40
Ayocote Morado	8 - 10	23 - 26
Ayocote Negro	14 - 16	35 - 45
Sta Maria Pinquito	10 - 12	19 - 21
Christmas Lima	6 - 8	18 - 22
Cassoulet (Tarbais)	15 - 20	35 - 45
Cranberry	6 - 8	23 - 27
Royal Corona	10 - 12	12 - 24
Eye of the Goat	9 - 13	23 - 26
Flageolet	9 - 11	22 - 25
Flor de Durazno	9 - 12	25 - 30
Garbanzo	10 - 14	32 - 35
Good Mother Stallard	8 - 12	28 - 32
Large White Lima	8 - 10	18 - 22
Mayocoba	5 - 8	20 - 23
Midnight Black	4 - 6	22 - 26
Pinto	5 - 8	25 - 28
Red Nightfall	5 - 7	23 - 27
Rio Zape	6 - 9	25 - 28
Sangre de Toro	9 - 11	30 - 32
Scarlet Runner	11 - 14	25 - 30
Silva / Flor de Junio	12 - 17	35 - 45
Vaquero	9 - 11	35 - 45
Tepary (White)	8 - 10	25 - 32
Yellow Eye	6 - 9	26 - 28
Yellow Indian Woman	8 - 10	19 - 22

VISIT WWW.RANCHOGORDO.COM FOR RECIPES, COOKING IDEAS AND HEIRLOOM BEANS

A note from our testers: Plant-Based Instant Pot People is a Facebook Group for those who follow a whole food, plant-based lifestyle (Dr. Fuhrman, Dr. McDougall, Dr Bernard, Engine-2 and similar) and use an Instant Pot to cook healthy and delicious meals. Although we do not use or promote animal products, we understand that many still eat a bit of meat or live with someone who does. We also realize that not everyone owns or has access to an Instant Pot. Our goal is to offer suggestions and advice where we can or to direct you to someone who can help. The Instant Pot is a multicooker which performs many tasks and it cooks up some great bean dishes. We hope you'll join us! <https://www.facebook.com/groups/790787064328258/>