

Instant Pot

COOKING TIMES

~ Vegetables ~

Artichokes 8-11 min.

- frozen 11-13

Asparagus 1-2

- frozen 2-3

Beans 1-2

- frozen 2-3

Broccoli 1-2

- frozen 2-3

Brussel Sprouts 2-3

- frozen 3-4

Cabbage 3-4

- frozen 4-5

Carrots 2-3

- frozen 3-4

Cauliflower 2-3

- frozen 3-4

Celery 2-3

- frozen 3-4

Corn kernel 1-2

- frozen 2-3

Corn cobs 3-5

- frozen 4-6

Eggplant 3-4

- frozen 3-4

Green beans 2-3

- frozen 3-4

Mixed veg. 3-4

- frozen 4-6

Onions 2-3

- frozen 3-4

Pea pods 1-2

- frozen 2-3

Potatoes 12-15

- baby 8-10

Spinach 1-2

- frozen 3-4

Sweet potato 12-15

Tomatoes 2-3