INSTANT POT CHEAT SHEET

Vegetable Cooking Times

Artichokes 8-11 mins/11-13 frozen
Asparagus 1-2 mins/2-3 mins frozen
Beans 1-2 mins/2-3 mins frozen
Bok Choy - 1-2 mins/ 2-3 frozen
Brocolli 1-2 mins/ 2-3 mins frozen
Brussel Sprouts 2-3 mins/ 2-3 mins frozen
Cabbage 3-4 mins/4-5 mins frozen
Carrots 2-3 mins/3-4 mins frozen
Cauliflower 2-3 mins/2-3 mins frozen
Celery 2-3 mins/ 2-3 mins frozen
Corn 1-2 mins/ 2-3 mins frozen
Eggplant 3-4 mins/ 3-4 mins frozen
Green beans 2-3 mins / 2-3 mins frozen
Mixed veg 3-4 mins/ 4-6 mins frozen
Onions 2-3 mins/ 3-4 mins frozen
Peas 1-2 mins/2-3 mins frozen
Potatoes 12-15 mins/baby 8-10 mins
Spinach 1-2 mins/ 3-4 mins
Sweet Potato 12-15 mins
Tomatoes 2-3 mins

Follow the suggested cooking times to help preserve the maximum amount of nutrients in your vegetables

RULE OF THUMB

3 Fresh Vegetables

4 Frozen Vegetables

12 Potatoes