



Using a Pressure Cooker

Vegetable	Approximate Cooking Time (minutes)
Artichoke, large whole, without leaves	9 to 11
Artichoke, medium whole, without leaves	6 to 8
Artichoke, small whole, without leaves	4 to 5
Asparagus, fine, whole	1 to 1 ^{1/2}
Beans, green, whole (fresh or frozen)	2 to 3
Beets, 1/4" (5 mm) slices	5 to 6
Beans, yellow, whole (fresh or frozen)	2 to 3
Broccoli, stalks	5 to 6
Brussel sprouts, whole	4
Cabbage, red or green, 1/4" (5 mm) slices	1
Carrots, 1/4" (5 mm) slices	1
Cauliflower flowerets	2 to 3
Collard	5
Corn, kernels	1
Corn on the cob	3
Green beans, whole (fresh or frozen)	2 to 3
Kale, coarsely chopped	2
Okra, small pods	2 to 3
Parsnips, 1/4" (5 mm) slices	1
Peas, in the pod	1
Peas, green	1
Potatoes, new, whole small	5 to 7
Potatoes, whole large	10 to 12
Red beet, in 1/4" (5 mm) slices	4
Red beet, large, whole	20
Rutabaga, 1" (25 mm) chunks	5
Spinach, fresh	1
Spinach, frozen	4
Sweet potato, 1 1/2" (40 mm) slices	5
Swede, 1" (25 mm) slices	7
Swiss chard	2
Tomatoes, in quarters	2
Tomatoes, whole	3