



ELECTRIC PRESSURE COOKING DIRECTIONS

VEGETABLES

VEGETABLES	AMOUNT	COOKING TIME	TEMPERATURE
Asparagus	Vegetable + one cup water or broth	2 minutes	High
Beans, green	Vegetable + one cup water or broth	3 minutes	High
Beets, small chunks	Vegetable + one cup water or broth	11 minutes	High
Broccoli flowerets	Vegetable + one cup water or broth	3 minutes	Low
Broccoli stalks	Vegetable + one cup water or broth	4 minutes	Low
Brussel Sprouts	Vegetable + one cup water or broth	5 minutes	High
Cabbage, sliced	Vegetable + one cup water or broth	2 minutes	Low
Cabbage, quartered	Vegetable + one cup water or broth	4 minutes	Low
Carrots, 3" slices	Vegetable + one cup water or broth	5 minutes	High
Cauliflower flowerets	Vegetable + one cup water or broth	4 minutes	Low
Celery, 1" chunks	Vegetable + one cup water or broth	4 minutes	Low
Corn on the cob	Vegetable + one cup water or broth	5 minutes	Low
Onions	Vegetable + one cup water or broth	5 minutes	Low
Potatoes, sliced	Vegetable + one cup water or broth	5 minutes	High
Potatoes, whole, medium	Vegetable + one cup water or broth	15 minutes	High
Potatoes, whole, small	Vegetable + one cup water or broth	8 minutes	High
Spinach	Vegetable + one cup water or broth	3 minutes	Low
Squash, late fall, 1" chunks	Vegetable + one cup water or broth	6 minutes	High
Squash, summer, sliced	Vegetable + one cup water or broth	2 minutes	Low
Sweet potatoes, whole	Vegetable + one cup water or broth	7 minutes	High
Sweet potatoes, 2" chunks	Vegetable + one cup water or broth	3 minutes	High
Tomatoes, quartered	Vegetable + one cup water or broth	3 minutes	Low
Tomatoes, whole	Vegetable + one cup water or broth	5 minutes	Low
Zucchini, ½" slices	Vegetable + one cup water or broth	2 minutes	Low

*Pressure Cooker Temps for Fagor electric brand

*Always use one cup minimum water or broth when cooking