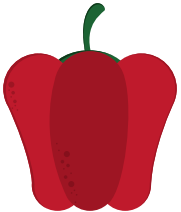




INSTANT POT *Veggie Cooking Times*



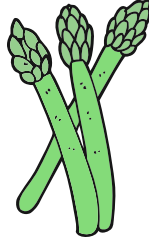
✔ Use Quick Release ✔ Manual Setting "High" ✔ Adjust Range Based On Size
For Steaming Use 0-1 Minutes




SWEET PEPPER
1-3 MINUTES



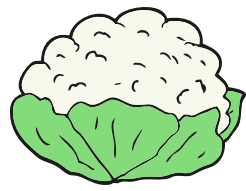
MIXED
1-2 MINUTES



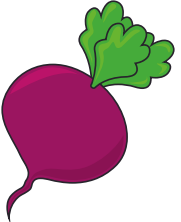
ASPARAGUS
1-2 MINUTES




BROCCOLI
0-1 MINUTES



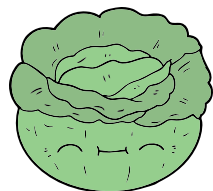
CAULIFLOWER
CHOPPED
2-3 MINUTES




WHOLE BEETS
11-13 MINUTES




BRUSSELS
SPROUTS
2-3 MINUTES



CABBAGE
SHREDDED
2-3 MINUTES



CARROTS
6-8 MINUTES

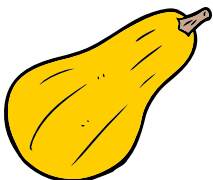


GREEN BEANS
2-3 MINUTES

HEARTY VEGETABLES LIKE THESE ON THE BOTTOM ROW WILL BENEFIT FROM A 5 MINUTE NPR



ACORN SQUASH
HALVED
8-10 MINUTES




SPAGHETTI
SQUASH, HALVED
7 MINUTES



ARTICHOQUES
MED-LARGE
10 MINUTES



SWEET
POTATOES
12-15 MINUTES



CORN ON
THE COB
2-3 MINUTES

FOR DELICIOUS AND HEALTHY INSTANT POT RECIPES, VISIT MY CRAZY GOOD LIFE