

INSTANT POT



VEGETABLES

cook time cheat sheet

Artichoke Hearts

5 min



Asparagus

2 min



Broccoli Florets

2 min



Brussel Sprouts

3 min



Cabbage

4 min



Carrots

7 min



Cauliflower

3 min



Celery

3 min



Corn (Kernel/Cob)

2 min/5 min



Eggplant

4 min



Green Beans

3 min



Okra

3 min



Onions

3 min



Potato (Whole)

12-15 min



Sweet Potato (Whole)

12-15 min



Spinach

3 min



Tomatoes

3 min



Bell Peppers

2 min

