

Approximate Times For Steaming Vegetables

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Vegetable	Steaming Time*
Artichoke, medium	35 to 40 minutes
Asparagus, thin spears	3 to 4 minutes
Asparagus, thick spears	5 to 6 minutes
Beans, Green or yellow	4 to 8 minutes
Beets, medium	30 to 35 minutes
Broccoli, florets	4 to 5 minutes
Broccoli, spears	5 to 6 minutes
Broccoli Rabe (Rapini)	5 to 9 minutes
Brussels sprouts	7 to 11 minutes
Cabbage, cut in wedges	6 minutes
Carrots, cut 1/4-inch thick	6 to 8 minutes
Cauliflower, head	15 to 20 minutes
Cauliflower, florets	4 to 6 minutes
Corn on the cob, husked	5 minutes
Kale or Chard	5 to 10 minutes
Parsnips, 1-1/2-inch pieces	8 to 10 minutes
Peas, green shelled	5 to 8 minutes
Peppers, hot or sweet, seeded & halved	5 to 7 minutes
Potatoes, new	12 minutes
Potatoes, 2-inch pieces	15 minutes
Spinach	4 to 5 minutes
Sweet potatoes or yams, whole	40 to 50 minutes
Sweet potatoes or yams 1-inch pieces	12 to 15 minutes
Winter squash, peeled, 2-inch pieces	15 to 20 minutes
Zucchini, 1/4-inch slices	5 to 7 minutes

Note:

You can over steam vegetables. So check your cooking time and always use enough water to avoid prevent it all from evaporating. Severe damage to your pot or stove could result.

- Actual times will vary depending on the age and size of the vegetables. Check after the minimum time listed and then every 1 to 2 minutes thereafter until they reach the desired texture.