


How To Cook Vegetables in a Pressure Cooker. A pressure cooker provides one of the easiest and energy efficient ways to cook healthy vegetables. This tutorial take away the mystery.

Vegetables cook very quickly in the [pressure cooker](#) . Use the rack that comes with your cooker to elevate them above the cooking water. Remember not to fill cooker over 2/3 full, and use the quick release method to bring the pressure down.

Vegetable	Liquid	Cooking Time
Fresh Vegetables:		
Artichoke	1 1/4 cups	15 min
Asparagus	3/4 cup	2-2 1/2 min
Beans, green or wax	3/4 cup	2-3 min
Beans, lima (fresh)	3/4 cup	2 min
Beets, (small, whole)	1 cup	12 min
Beets, (large, whole)	1 1/2 cups	18 min
Broccoli	3/4 cup	2-2 1/2 min
Brussels sprouts	1 cup	5 min
Cabbage, shredded	1 cup	2-3 min
Cabbage, wedges	1 cup	5-8 min
Cabbage, red, shredded	1 cup	5 min
Carrots, sliced	1/2 cup	2 1/2 min
Carrots (small, whole)	1/2 cup	2 1/2 min
Cauliflower, flowerets	3/4 cup	2-3 min
Cauliflower, whole	1 1/4 cups	6-8 min
Celery	3/4 cup	3-5 min
Corn on the cob	1 1/4 cup	5 min
Corn, whole kernel	3/4 cup	3 min