


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
Eggplant	3/4 cup	3 min
Kale or Collard Greens	3/4 cup	4-6 min
Okra	3/4 cup	3 min
Onions, sliced	3/4 cup	3 min
Onions, medium, whole	1 cup	7-10 min
Parsnips, sliced	3/4 cup	2 min
Parsnips, halves	1 cup	2 min
Peas	3/4 cup	2-3 min
Potatoes, sliced	1 1/4 cups	2 1/2 min
Potatoes, medium, halved	2 cups	8 min
Potatoes, medium, whole	2 cups	12-15 min
Potatoes, Sweet or Yams	1 1/2 cups	6 min
Potatoes, Sweet or Yams; halved	1 1/2 cups	8-10 min
Rutabagas	1 cup	5 min
Sauerkraut	3/4 cup	12 min
Spinach, Swiss Chard & other greens n	3/4 cup	1 mi
Squash, Acorn	1 cup	6- 7 min
Squash, Hubbard	1 cup	8-10 min
Squash, Pumpkin	1 1/2 cups	8-10 min
Squash, Summer or zucchini	1 cup liquid	2 -3 min