


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
Frozen Vegetables:		
Asparagus	3/4 cup	2 min
Beans, green or wax	3/4 cup	2-3 min
Broccoli	3/4 cup	2-3 min
Brussels sprouts	3/4 cup	2 1/2 min
Cauliflower	3/4 cup	2 min
Corn, whole kernel	3/4 cup	2 min
Corn on the cob	3/4 cup	2 min
Green Peas	3/4 cup	1 min
Lima beans	3/4 cup	2 1/2 - 4 min
Mixed vegetables	3/4 cup	2 min
Peas and carrots	3/4 cup	2 min
Spinach	3/4 cup	1 min