

## VEGETABLE STEAMING TIMES

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### About Blanching Vegetables with Chart:

### 23+ Vegetable Steaming Times Chart

This chart came with my "Nesco" Smart= Canner. Check for "doneness".

I like my steamed potatoes softer than most people. So, I just use this chart as a guide.

Vegetable	Size	Times - minutes	Sug. seasonings
Artichokes	Steam whole Artichokes	25-40 minutes	Seasonings: olive oil and lemon zest.
Asparagus	Whole spears, thick spears peeled lightly.	7-13 min.	Combine olive oil with lemon zest or sesame seeds.
Beans, green	Whole beans	6-10 min.	Garlic
Beets - Small or Medium sized.	Whole unpeeled beets, scrubbed clean, peel off the skins after steaming.	35-50 min.	Fresh Thyme
Broccoli	Trimmed Stalks split in half or florets.	5-7 min.	Olive oil, lemon juice, balsamic vinegar.
Brussels Sprouts	Whole, trimmed	8-15 min.	Fresh Thyme
Cabbage	Cut in wedges	6-10 min.	Lemon or Lime juice
Carrots	Cut into 1/4" thick	7-10 min.	Honey combined with cinamon or ginger.

Carrots, Baby	Whole baby carrots	10-12 minutes	Honey combined with cinamon or ginger.
Cauliflower	Florets	5-10 min.	Lemon or Lime juice
Corn on the Cob	Whole, husks removed	7-10 min.	
Okra	Fresh whole Okra untrimmed	6-8 min.	Lemon/Lime juice and parsley or with sautéed scallions
Onions, pearl	Whole onions peeled	8-12 min.	
Peas, green	Fresh, shelled peas	2-4 min.	Fresh herbs ( fresh mint or basil ) or lemon juice
Potatoes - All	Peeled or scrubbed clean, into 1/2 inch slices	8-12 min.	Fresh parsley, rosemary or dill.
Potatoes, new	Whole scrubbed clean	15-20 min.	Fresh parsley, rosemary or dill with chopped red onions.
Scallions	Cut into 1/2 inch slices	3-5 min.	
Spinach	Cleaned, whole leaves	3-5 min.	Olive oil and garlic or sesame seeds
Squash Butternut	Peeled and cut into 1 inch cubes.	7-10 min.	Honey, Lemon Juice and rosemary
Turnips	Cut into 1/2 inch cubes	8-12 min.	Olive oil and fresh herbs.
Turnip Greens	Cleanned and coarsely chopped	4-6 min.	Olive oil and garlic.
Sweet potatoes	Cut into large chunks.	8-12 min.	Honey and lemon juice.
Zucchini	Cut into 1 inch slices.	5-8 min.	Olive oil, lemon juice, fresh herbs (thyme or rosemary)

## Steaming Vegetables PDF:

[Steaming Chart, Tips and Recipes PDF \(https://homes-n-gardens.com/food-recipe/cooking-tips/steam-cooker.pdf\)](https://homes-n-gardens.com/food-recipe/cooking-tips/steam-cooker.pdf).

My steamer is ancient but still working. I was surprise to see the manual at <https://www.manualslib.com/>.

(<https://www.manualslib.com/>)

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# HOW MUCH SHOULD I WALK TO LOSE 45 LBS ACCORDING TO MY AGE?

The calculator interface includes four input sections: Age (45, 55, 65), Weight (190 lbs, 200 lbs, 210 lbs), Height (1.55, 5'2", 5'3"), and Goal Weight (100, 130, 150). A 'CALCULATE' button is located below the input fields, accompanied by a small walking person icon.

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