

## VEGETABLE TIME TABLE

VEGETABLE	COOKING METHOD	TIME
Asparagus Tips	Boiled	10 -15 minutes
Artichokes, French	Boiled	40 minutes
	Steamed	45 – 60 minutes
Beans, Lima	Boiled	20 -40 minutes
	Steamed	60 minutes
Beans, String	Boiled	15 – 35 minutes
	Steamed	60 minutes
Beets, young with skin	Boiled	30 minutes
	Steamed	60 minutes
	Baked	70 – 90 minutes
Beets, old	Boiled or Steamed	1-2 hours
Broccoli, flowerets	Boiled	5 -10 minutes
Broccoli, stems	Boiled	20 – 30 minutes
Brussels Sprouts	Boiled	20 – 30 minutes
Cabbage, chopped	Boiled	10 – 20 minutes
	Steamed	25 minutes
Cauliflower, stem down	Boiled	20 – 30 minutes
Cauliflower, flowerets	Boiled	8 – 10 minutes
Carrots, cut across	Boiled	8 – 10 minutes
	Steamed	40 minutes
Corn, green, tender	Boiled	5 – 10 minutes
	Steamed	15 minutes
	Baked	20 minutes
Corn on the Cob	Boiled	8 – 10 minutes
	Steamed	15 minutes
Eggplant, whole	Boiled	30 minutes
	Steamed	40 minutes
	Baked	45 minutes
Parsnips	Boiled	25 – 40 minutes
	Steamed	60 minutes
	Baked	60 – 75 minutes
Peas, green	Boiled or Steamed	5-15 minutes
Potatoes	Boiled	20 - 40 minutes
	Steamed	60 minutes
	Baked	45 – 60 minutes
Pumpkin or Squash	Boiled	20 – 40 minutes
	Steamed	45 minutes
	Baked	60 minutes
Tomatoes	Boiled	5 – 15 minutes
Turnips	Boiled	25 – 40 minutes