

# INSTANT POT STEAM COOK TIMES

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**BROCCOLI**  
2 mins / QPR



**CABBAGE**  
2 mins / QPR



**CARROTS**  
2 mins / QPR



**CAULIFLOWER**  
2 mins / QPR



**GREEN BEANS**  
2 mins / QPR



**MUSHROOMS**  
2 mins / QPR



**LEEKs**  
2 mins / QPR



**ASPARAGUS**  
3 mins / QPR



**PARSNIPS**  
3 mins / QPR



**BUTTERNUT SQUASH**  
15 mins / QPR



**APPLES**  
5 mins / QPR



**PEARS**  
5 mins / QPR



**BAKED POTATOES**  
30 mins / QPR



**NEW POTATOES**  
15 mins / QPR



**MASHED POTATOES**  
10 mins / QPR



**HARD-BOILED EGGS**  
7 mins / QPR



**FROZEN SHRIMP**  
0 min / QPR



**CLAMS**  
7 mins / QPR



**SALMON**  
2 mins / QPR



**FROZEN HAMBURGER**  
20 mins / QPR



**FROZEN STEAK**  
25 mins / QPR



**FROZEN CHICKEN  
BREASTS**  
45 mins / QPR



**FROZEN CHICKEN  
WINGS**  
25 mins / QPR



**FROZEN CHICKEN  
DRUMSTICKS**  
20 mins / QPR