

VEGETABLE STEAMING CHART

Vegetable	Steam	Microwave	Blanch	Boil	Other
Artichoke , whole	30 to 60	4 to 5 each	NR	25 to 40	NR
Artichoke, hearts	10 to 15	6 to 7	8 to 12	10 to 15	Stir-fry 10
Asparagus	8 to 10	4 to 6	2 to 3	5 to 12	Stir-fry pieces 5
Beans, green	5 to 15	6 to 12	4 to 5	10 to 20	Stir-fry 3 to 4
Beans, lima	10 to 20	8 to 12	5 to 10	20 to 30	NR
Beets	40 to 60	14 to 18	NR	30 to 60	Bake 60 at 350°F
Broccoli , spears	8 to 15	6 to 7	3 to 4	5 to 10	Blanch, then bake
Broccoli, flowerets	5 to 6	4 to 5	2 to 3	4 to 5	Stir-fry 3 to 4
Brussels sprouts	6 to 12	7 to 8	4 to 5	5 to 10	Halve; stir-fry 3 to 4
Cabbage , wedges	6 to 9	10 to 12	NR	10 to 15	Blanch leaves, stuff and bake
Cabbage, shredded	5 to 8	8 to 10	NR	5 to 10	Stir-fry 3 to 4
Carrots, whole	10 to 15	8 to 10	4 to 5	15 to 20	Bake 30 to 40 at 350°F
Carrots, sliced	4 to 5	4 to 7	3 to 4	5 to 10	Stir-fry 3 to 4
Cauliflower , whole	15 to 20	6 to 7	4 to 5	10 to 15	Blanch, then back 20 at 350°F
Cauliflower, florets	6 to 10	3 to 4	3 to 4	5 to 8	Stir-fry 3 to 4
Corn , on cob	6 to 10	3 to 4	3 to 4	4 to 7	Soak 10; bake at 375°F
Corn, cut	4 to 6	2 per cup	2 1/2 to 4	3 to 4	Stir-fry 3 to 4
Eggplant , whole	15 to 30	7 to 10	10 to 15	10 to 15	Bake 30 at 400

Eggplant, diced	5 to 6	5 to 6	3 to 4	5 to 10	Bake 10 to 15 425°F
Greens, collard/mustard /turnip	NR	18 to 20	8 to 15	30 to 60	Stir-fry mustard greens 4 to 6
Greens, kale /beet	4 to 6	8 to 10	4 to 5	5 to 8	Stir-fry 2 to 3
Kohlrabi	30 to 35	8 to 12	NR	15 to 30	Bake 50 to 60 at 350°F
Mushrooms	4 to 5	3 to 4	NR	3 to 4 in broth or wine	Stir-fry or broil 4 to 5
Onions , whole	20 to 25	6 to 10	NR	20 to 30	Bake 60 at 400°F
Onions, pearl	15 to 20	5 to 7	2 to 3	10 to 20	Braise in broth 15 to 25
Parsnips	8 to 10	4 to 6	3 to 4	5 to 10	Bake 30 at 325°F
Peas	3 to 5	5 to 7	1 to 2	8 to 12	Stir-fry 2 to 3
Peppers, bell	2 to 4	2 to 4	2 to 3	4 to 5	Stir-fry 2 to 3
Potatoes, whole	12 to 30	6 to 8	NR	20 to 30	Bake 40 to 60 at 400°F
Potatoes, cut	10 to 12	8 to 10	NR	15 to 20	Bake 25 to 30 at 400°F
Spinach	5 to 6	3 to 4	2 to 3	2 to 5	Stir-fry 3
Squash , sliced	5 to 10	3 to 6	2 to 3	5 to 10	NR
Squash, halves	15 to 40	6 to 10	NR	5 to 10	Bake 40 to 60 at 375°F
Squash, whole	NR	5 to 6	NR	20 to 30	Bake 40 to 90 at 350°F
Tomatoes	2 to 3	3 to 4	1 to 2	NR	Bake halves 8 to 15 at 400
Turnips, whole	20 to 25	9 to 12	NR	15 to 20	Bake 30 to 45 at 350°F
Turnips, cubed	12 to 15	6 to 8	2 to 3	5 to 8	Stir-fry 2 to 3
Zucchini	5 to 10	3 to 6	2 to 3	5 to 10	Broil halves 5

Compliments of your Tupperware Consultant:

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