

ORDINARY VEGAN VEGETABLE COOKING CHART	ordinaryvegan.net
Vegetables - 4 Servings	Vegetable Cooking Times
Artichokes, Globe (4 medium)	Steam: 20 to 30 minutes, adding 2 tablespoons lemon juice to water, until leaves pull out easily and bottom is tender when pierced with knife.
Artichokes, Jerusalem (1 lb)	Boil: Covered 7 to 9 minutes or until crisp-tender. Steam: 15 to 20 minutes or until crisp-tender.
Asparagus (1 1/2 lb)	Boil: Uncovered 6 to 8 minutes or until crisp-tender. Steam: 6 to 8 minutes or until crisp-tender. Roast: (whole spears); 10 to 12 minutes.
Beans, Green, Purple Wax and Yellow Wax (1 lb)	Boil: Uncovered 6 to 8 minutes or until crisp-tender. Steam: 10 to 12 minutes or until crisp-tender.
Beans, Lima (3 lb unshelled; 3 cups shelled)	Boil: Covered 15 to 20 minutes or until tender.
Beets (5 medium)	Boil: Add water to cover and 1 tablespoon vinegar. Boil, covered 20 to 30 minutes. Steam: 45 to 50 minutes or until tender. Roast: (before peeling); 35 to 40 minutes.

Broccoli (1 1/2 lb)	Boil: Uncovered 4 to 6 minutes or until crisp-tender. Steam: 10 to 12 minutes or until crisp-tender.
Brussels Sprouts (1 lb)	Boil: Uncovered 8 to 12 minutes or until tender. Steam: 8 to 12 minutes or until tender. Roast: 12 to 15 minutes.
Carrots (6 to 7 medium)	Boil: Covered 7 to 10 minutes or until tender. Steam: 8 to 12 minutes or until tender. Roast: 25 to 30 minutes.
Cauliflower (1 medium head)	Boil: Uncovered 8 to 12 minutes or until tender. Steam: 8 to 12 minutes or until crisp-tender. Roast: 15 to 20 minutes.
Corn (4 ears)	Boil: Add water to cover and 1 tablespoon sugar. Boil: uncovered, 5 to 7 minutes. Steam: 5 to 7 minutes or until crisp-tender.
Eggplant (1 medium)	Boil: Covered 5 to 8 minutes or until tender. Steam: 5 to 7 minutes or until tender. Sauté: With 2 tablespoons butter, 5 to 10 minutes or until tender.

Fennel (3 to 4 medium)	Boil: Covered 8 to 11 minutes or until tender. Steam: 12 to 15 minutes or until tender. Roast: 20 to 25 minutes.
Greens; Beet, Chicory, Collards, Escarole, Kale, Mustard, Spinach, Swiss Chard and Turnip (1 lb)	Steam: 5 to 8 minutes or until tender
Kohlrabi (4 medium)	Boil: Covered 15 to 20 minutes or until tender. Steam: 8 to 12 minutes or until tender.
Leeks (6 medium)	Boil: Covered 10 to 12 minutes or until tender. Steam: 10 to 12 minutes or until tender. Roast: 12 to 15 minutes.
Mushrooms (1 lb)	Sauté: With 1 tablespoon butter, 4 to 6 minutes, stirring frequently, until tender. Roast: 5 to 10 minutes.
Okra (1 lb)	Boil: Uncovered 8 to 10 minutes or until tender. Steam: 6 to 8 minutes or until tender.
Onions, White, Yellow and Red (8 to 10 small)	Boil:Steam:Sauté:Roast:

Parsnips (6 to 8 medium)	Boil: Covered 9 to 15 minutes or until tender. Steam: 9 to 15 minutes or until tender. Roast: 25 to 30 minutes.
Pea Pods, Snow or Chinese (1 lb)	Boil: Uncovered 2 to 3 minutes or until crisp-tender. Steam: 3 to 5 minutes or until crisp-tender.
Peas, Sweet (2 lb)	Boil: Uncovered 5 to 10 minutes or until tender. Steam: 15 to 20 minutes or until crisp-tender.
Peas, Sugar Snap (1 lb)	Boil: Uncovered 4 to 5 minutes or until crisp-tender. Steam: 6 to 7 minutes or until crisp-tender.
Peppers, Bell (2 medium)	Steam: 4 to 6 minutes or until crisp-tender. Sauté: With 1 tablespoon butter, 3 to 5 minutes or until crisp-tender. Roast: 15 to 20 minutes.
Potatoes, Fingerling (10 to 12)	Boil: Add water to cover. Boil, uncovered, 15 to 20 minutes or until tender. Steam: 18 to 22 minutes or until tender. Roast: 25 to 30 minutes.

Potatoes, Red and White (6 medium)	<p>Boil: Add water to cover. Boil, uncovered 15 to 20 minutes or until tender.</p> <p>Steam: 15 to 20 minutes or until crisp-tender.</p> <p>Bake: Uncovered 1 hour or until tender.</p> <p>Roast: 40 to 45 minutes.</p>
Potatoes, Russet (4 medium)	<p>Boil: Add water to cover. Boil, uncovered, 15 to 20 minutes or until tender.</p> <p>Steam: 18 to 22 minutes or until tender.</p> <p>Roast: 30 to 40 minutes.</p>
Potatoes, Small: Red and White (10 to 12)	<p>Boil: Add water to cover. Boil, uncovered 15 to 20 minutes or until tender.</p> <p>Steam: 18 to 22 minutes or until tender.</p>
Potatoes, Yukon Gold (6 medium)	<p>Boil: Add water to cover. Boil, uncovered 15 to 20 minutes or until tender.</p> <p>Steam: 18 to 22 minutes or until tender.</p> <p>Roast: 25 to 30 minutes.</p>
Rutabagas (2 medium)	<p>Boil: Covered 20 to 25 minutes or until tender.</p> <p>Steam: 20 to 25 minutes or until tender.</p> <p>Roast: 40 to 45 minutes.</p>

<p>Squash, Summer: Chayote, Crookneck, Zucchini, Pattypan, Straightneck (1 1/2 lb)</p>	<p>Boil: Uncovered 5 to 10 minutes or until tender. Steam: 5 to 7 minutes or until tender. Sauté: With 1 tablespoon olive oil, 5 to 10 minutes or until tender.</p>
<p>Squash, Winter: Acorn, Buttercup, Butternut, Pumpkin, Spaghetti (2 lb)</p>	<p>Boil: Peeled and cut up; covered 10 to 15 minutes or until tender. Steam: 10 to 15 minutes. Bake: Place squash halves cut side up in baking dish. Cover and bake 40 minutes or until tender.</p>
<p>Turnips (4 medium)</p>	<p>Boil: Covered 20 to 25 minutes or until tender. Steam: 15 to 20 minutes or until tender. Roast: 30 to 35 minutes.</p>

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