

# CROCKPOT EXPRESS STEAM VEGGIE CHEAT SHEET

Steaming vegetables requires 1 cup of water and an ovenproof or steel bowl on a steam rack.



**ASPARAGUS**  
1-2 minutes



**BEETS**  
whole, small-medium  
12-20 minutes,  
whole, large-extra large  
30-40 minutes



**CARROTS**  
whole or chunked  
6-8 minutes



**BROCCOLI**  
stalks  
3-4 minutes,  
florets  
1-2 minutes



**POTATOES**  
large whole  
12-15 minutes,  
small whole  
8-10 minutes



**CORN ON THE COB**  
shucked  
3-4 minutes



**BELL PEPPERS**  
1-3 minutes



**ARTICHOKES**  
whole and trimmed  
9-11 minutes



**CAULIFLOWER**  
florets  
2-3 minutes



**BRUSSELS SPROUTS**  
whole  
2-3 minutes