

The background of the entire image is a light green color, scattered with several pieces of fresh broccoli florets. The florets are a vibrant green with white stems. A white rectangular box with a black border is centered on the page, containing the text.

Instant Pot[®]

*steamed
veggies*

**INSTRUCTIONS FOR
STEAMING SIX FIRM
VEGETABLES INSIDE
YOUR INSTANT POT.**

FUELINGFUNCTION.COM

Instant Pot®

STEAMED VEGGIES

BROCCOLI



- Add 1 cup water and steam basket
- Add up to 3 pounds fresh broccoli
- **STEAM function for 0 minutes**
- Quick release

GREEN BEANS



- Add 1 cup water and steam basket
- Add up to 3 pounds fresh green beans
- **STEAM function for 2 to 4 minutes**
- Quick release

CAULIFLOWER



- Add 1 cup water and steam basket
- Add up to 3 pounds fresh cauliflower
- **STEAM function for 0 minutes**
- Quick release

SPAGHETTI SQUASH



- Add 1 cup water and steam basket
- Cut squash in half (wide, not long) and scoop the seeds out.
- Place squash face-down on the steam basket
- **STEAM function for 7 minutes**
- **Natural release 5 minutes**

Instant Pot®

STEAMED VEGGIES

POD PEAS



- Add 1 cup water and steam basket
- Add up to 2 pounds peas in the pod
- **STEAM function for 2 minutes**
- Quick release

SWEET POTATOES



- Poke potatoes several times with a fork.
- Add 1 cup water and steam basket
- **STEAM function for 10 to 12 minutes**
- **Natural release 7-9 minutes**



RECOMMENDED STEAM BASKET

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