

# Baby Bullet Turbo Steamer — Steaming Chart

Follow this chart for perfectly steamed foods every time! [www.BabyBullet.com](http://www.BabyBullet.com)

Recipes:	Water Amount	Steamer Setting	Steaming Time	Preparation Notes:	Tray to use
Apple Purée	1/2 Cup	2	10 mins	Cut apple into wedges and remove core. Cut skin off wedges before steaming. Place on cooking tray.	Cooking Tray
Asparagus Purée	1/2 Cup	1	7 mins	Remove woody end of stalk. Cut asparagus in half before steaming. Place on cooking tray.	Cooking Tray
Baby Carrot Purée	Full Cup	5	13 mins	Place baby carrots on cooking tray and steam away.	Cooking Tray
Broccoli Purée	1/2 Cup	1	7 mins	Break into chunks. Place on cooking tray.	Cooking Tray
Cauliflower Purée	2/3 Cup	3	10 mins	Break into chunks. Place on cooking tray.	Cooking Tray
Eggplant Purée	1/2 Cup	1	7 mins	Cut eggplant in half, then cut halves into 1" - 2" pieces. Place on cooking tray.	Cooking Tray
Green Bean Purée	1/2 Cup	1	7 mins	Cut green beans into 2" - 3" pieces. Place on cooking tray.	Cooking Tray
Green Pea Purée	1/2 Cup	1	7 mins	Pour frozen peas on cooking tray.	Cooking Tray
Peach Purée	1/2 Cup	2	10 mins	Cut peaches in fourths and remove core. Skin peaches before steaming. Place on cooking tray.	Cooking Tray
Pear Purée	Full Cup	4	13 mins	Skin pear and cut into fourths. Remove core and cut each piece in half. Place on cooking tray.	Cooking Tray
Plum Purée	1/2 Cup	2	10 mins	Cut plums in fourths and remove core. Skin plums before steaming. Place on cooking tray.	Cooking Tray
Regular Carrots	Full Cup	5	13 mins	Cut tops off carrots. Peel and skin before steaming. Cut carrots in half and place on cooking tray.	Cooking Tray
Sweet Potato Purée	Full Cup	5	13 mins	Peel sweet potato and cut into 1/2" thick medallions. Cut medallions in half again. Place on cooking tray.	Cooking Tray
Turnip Purée	Full Cup	5	13 mins	Peel turnip and cut in half. Cut halves into 1" - 2" pieces. Place on cooking tray.	Cooking Tray
White Potato Purée	Full Cup	4	13 mins	Peel potato and cut into 1/2" thick medallions. Cut medallions in half again. Place on cooking tray.	Cooking Tray
Yellow Squash Purée	1/2 Cup	1	7 mins	Cut squash in half long-ways. Cut halves into 2" pieces. Place on cooking tray.	Cooking Tray
Zucchini Purée	1/2 Cup	1	7 mins	Cut off both ends of zucchini. Cut into 1" - 2" pieces. Place on cooking tray.	Cooking Tray