

# 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 |