



## Steamed Mixed Vegetables

If you're like me, steamed vegetables are a key to your diet plans, and with spring around the corner, it's a perfect time to get started. This simple recipe shows how to properly cut and cook the vegetables, and how to cook them perfectly in a steamer. Doesn't get much easier than this!

### Ingredients

4 ounces sliced white button mushrooms  
1 cup baby carrots  
1 head broccoli  
½ yellow bell pepper  
½ red bell pepper

### Preparation process

Rinse all the vegetables under cold water in a colander and set aside.

Cut off the florets from the broccoli and discard the stalk.

Cut the bell peppers into halves and remove the seeds and inner pulp. Rinse them under cold water and pat dry with paper towels. Cut the peppers into 1-inch pieces and set aside.

Using a vegetable steamer, heat 4 cups of water and slowly bring to a boil.

While the water heats, place the vegetables in a single layer on each steamer tray. The vegetables might need to be cooked in batches, depending on the surface area available.

Once the water comes to a boil, place the steamer tray on top and cover. Turn the heat to medium and make sure the water stays boiling, and steam for 10 minutes.

Carefully remove the lid and the steamer trays. Place the vegetables in a bowl and serve with the sauce of your choice.

### **Bonus Items**

If you want to watch the video again. Click [here](#).

Looking for a vegetable steamer that works perfectly with this recipe? Check out this digital [model](#) from Hamilton Beach.