

Sous vide vegetables chart

Temperature and time

Food	Doneness	Temperature	Time	Texture
Potatoes	Pieces up to 1 in	183°F (83.9°C)	30 min to 1 hr	Cut pieces up to 1 in (2.5 cm) thick. Tender all the way through and still holding their shape.
	Pieces of 1 to 2 in, or small whole potatoes	183°F (83.9°C)	1 hr to 2 hr	Pieces of 1 to 2 in (2.5 to 5.1 cm), or small whole potatoes. Tender all the way through.
Carrots Whole baby carrots or 1 in chunks		183°F (83.9°C)	45 min to 1 hr	Fully tender with a clean carrot flavor.
Asparagus Whole spears		183°F (83.9°C)	10 min to 30 min	Bright green and tender with a little snap.
Corn on the cob Whole ears		183°F (83.9°C)	30 min to 45 min	Tender with a bright, fresh crunch.
Sweet potatoes	Small pieces	183°F (83.9°C)	45 min to 1 hr	Cut pieces up to 1 in (2.5 cm) thick. Tender and creamy.
	Large pieces or small whole	183°F (83.9°C)	1 hr to 1 hr 30 min	Pieces of 1 to 2 in (2.5 to 5.1 cm), or small whole sweet potatoes. Tender and creamy all the way through.
Broccoli Even florets		183°F (83.9°C)	30 min to 1 hr	Tender florets that still hold their shape.
Green beans Whole trimmed beans		183°F (83.9°C)	30 min to 45 min	Tender with a slight snap.
Beets Small whole beets or even wedges		183°F (83.9°C)	1 hr to 1 hr 30 min	Tender and sweet, easy to slice.