



Health Care

Timer settings are approximate due to the differences in density, shape and the degree of “doneness” desired. Meats, eggs and frozen entrees should be heated to an internal temperature of 160–170°F. Use of 2½" deep steamtable pans is recommended. Perforated pans used where appropriate may decrease cooking times.

Breakfast Items	Minutes	
	Fresh	Frozen
Eggs, hard cooked in shell, 3-4 dozen/pan	12–14	–
Eggs, poached in muffin pans	4–5	–
Eggs, scrambled, 4 dozen/5lb carton/pan	10–12*	–
Pancakes, frozen pre-cooked, single layer	–	3–4
Sausage links/patties, 5lb/pan	–	8–10

* stir halfway through cooking time.

Vegetables	Minutes	
	Fresh	Frozen
Broccoli, spears/florets, 6lb/pan	3–4	5–8
Cabbage, wedges, 6lb/pan	8–10	–
Carrots, sliced or whole baby, 6lb/pan	5–8	5–8
Cauliflower, florets, 6lb/pan	6–8	10–12
Corn on the cob, 8lb/pan	7–9	8–10
Corn, whole kernel, 8lb/pan	–	5–7
Green beans, cut, 6lb/pan	6–8	6–8
Greens, fresh, 11lb/pan	10–15	–
Mixed vegetables, 6lb/pan	–	6–8
Onions, sliced, diced, 6lb/pan	4–5	4–5
Peas, 8lb/pan	–	4–6
Peas and carrots, 8lb/pan	–	4–6
Potatoes, whole, 8lb/pan	35–40	–
Potatoes, peeled, quartered or diced, 8lb/pan	18–20	–
Spinach, or greens, block frozen, 6lb/pan	–	15–20
Spinach, fresh, 11lb/pan	2–4	–
Sweet potatoes, whole, 8lb/pan	30–35	–
Winter squash, halved, 8lb/pan	25–30	–
Zucchini/summer squash, sliced, 6lb/pan	3–5	4–6

Meats/Poultry/Protein	Minutes	
	Fresh	Frozen
Chicken pieces, 8lb/pan	30–40	50–60
Corned beef, brisket, 6–8lb	2 hrs	–
Fish fillets, 5lb/pan	8–10	12–15
Ground beef/turkey, 8lb/pan	35–40	60–70
Ham, boneless, fully-cooked, 10lb average	55–60	–
Hamburger patties, 4oz ea., 6lb/pan	–	14–16
Hot dogs, 8lb/pan	10–12	14–18
Meatballs, 1" diameter, 6lb/pan	16–20	20–25
Meatloaf, 4lb loaf	40–45	90
Pork roast, boneless rolled, 4" diameter	45–50	–
Ribs, beef or pork, 8lb/pan	55–60	–
Smoked sausage dinner links, 8–10lb/pan	30–35	40–45
Turkey breast, 6–8lb ea., 2/pan	6–8*	8–10*
Turkey, 14–16lb average, whole	6–8*	8–10*
Veggie burgers, 4oz ea., 6lb/pan	–	10–14

* minutes per pound.

Frozen prepared entrees/side dishes	Frozen
Most single pans of the following foods weigh 4-6lbs. Keep frozen entrees covered.	
Beef Stew	35–40
Cabbage Rolls with Tomato Sauce	55–60
Lasagna	60–65
Macaroni and Cheese	35–40
Swedish Meatballs	40–45
Tuna Noodle Casserole	30–35
Potatoes Au Gratin/Scalloped Potatoes	40–45
Frozen prepared individual meals, 12–16oz	20–30, or follow package instructions



Minutes

Frozen prepared soups

Bean with ham soup, 8lb bag	60-65
Chicken noodle soup, 8lb bag	45-50
Chili con Carne w/Beans, 6lb pan	50-55
Clam chowder, 4lb bag	45-50
Vegetable soup, 4lb bag	30-35

Canned entrees/soups/sauces

Beef, chicken or turkey gravy, 8lb/pan	12-15
Cheese sauce, 8lb/pan	10-12
Tomato/spaghetti sauce, 6-8lb/pan	12-15
Chili with beans, 8-10lb/pan	20-25
Ravioli, beef or cheese, 8-10lb/pan	12-15
Spaghetti with meatballs, 8-10lb/pan	12-15
Vegetable/chicken noodle/tomato soup, 8lb/pan	12-18

Canned vegetables

Baked beans, in sauce, 6-8lb/pan	8-10
Beans, navy, pinto or butter, 6-8lb/pan	6-8
Carrots, sliced, 6-8lb/pan	6-8
Corn, whole kernel, 6-8lb/pan	6-8
Green beans, cut, 6-8lb/pan	6-8
Mixed vegetables, 6-8lb/pan	6-8
Peas, 6-8lb/pan	6-8
Potatoes, small whole or sliced, 6-8lb/pan	6-8
Tomatoes, stewed, 6-8lb/pan	6-8

Minutes

Rice/Beans/Pasta

Rice, long grain, 4 cups water/lb, 3lbs/pan	18-20
Lentils, barley, bulgar, millet, 4 cups water/lb, 3lbs/pan	35-50
Dried beans, pre-soaked, 1lb beans + 1 1/4 qts water	45-55
Dried beans, unsoaked, 1lb beans + 1 1/2 qts water	2 1/2 hrs
Refried beans, canned, 7lb/pan	45-50
Egg noodles, 3lb/pan covered with cold water*	8-12
Lasagna noodles, 3lb/pan covered with cold water*	10-14
Macaroni, 3lb/pan, covered with cold water*	10-14
Spaghetti, 3lb/pan, covered with cold water*	10-12

* Stir halfway through cooking time. Remove pan from steamer very carefully.

Cakes/Muffins

Cake, 5lb cake mix plus water, 12"x20" pan	25-30
Muffins, from commercial mix or recipe	10-12

