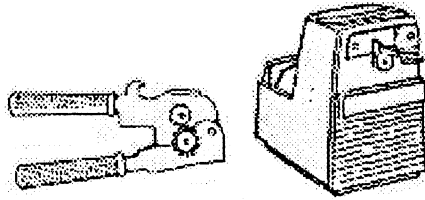


Canned Vegetables

You Need:



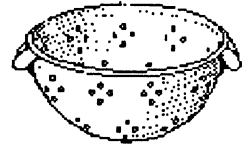
1 can of vegetables



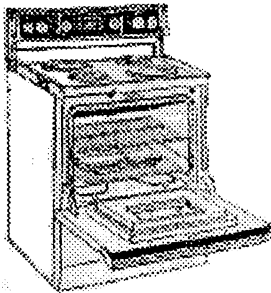
hand or electric an opener



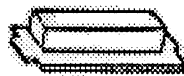
small saucepan



drainer



stove



butter



knife

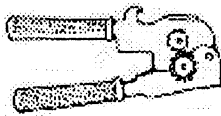


spoon

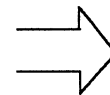
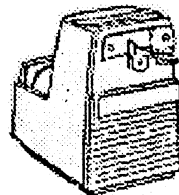


small bowl

1.

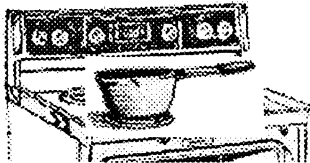


OR

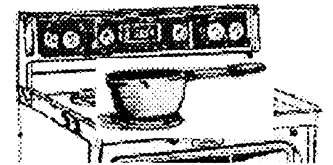
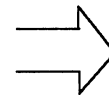


Open can using hand or electric can opener. Pour into saucepan.

2.

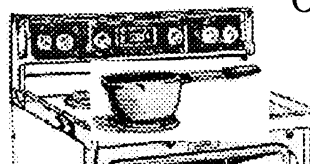


MED HIGH

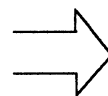


Place pan on stove, heat on MEDIUM HIGH until boiling.

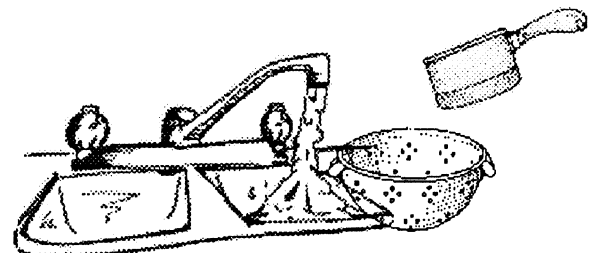
3.



OFF

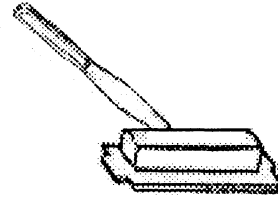
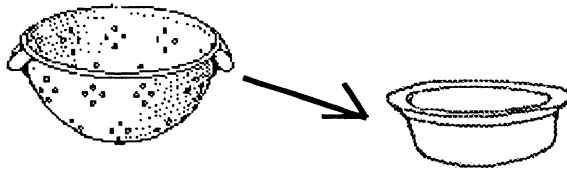


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Turn burner OFF. Set drainer in sink, pour contents of pan into drainer.

4.



When liquid stops coming out of drainer, pour into bowl. Add butter if desired.

CANNED VEGETABLES

You Need:

1 can of vegetables
hand or electric can opener
small saucepan
drainer
butter
small bowl
spoon
knife

1. Open can using hand or electric can opener. Pour into saucepan.
2. Place pan on stove, heat on MEDIUM HIGH until boiling.
3. Turn burner OFF. Set drainer in sink, pour contents of pan into drainer.
4. When liquid stops coming out of drainer, pour vegetables into bowl. Add butter if desired.