Creamed Vegetables

You Need:

- 1 package of frozen vegetables
- pinch salt
- 1 Tbsp. flour
- 1 Tbsp. butter
- 1/2 cup milk
- salt & pepper
- small saucepan with lid
- 1/4 cup water
- Tablespoon
- liquid measuring cup
- medium saucepan with lid
- bowl
- freezer
- metal spatula
- wooden spoon
- strainer

1. 

Add 1 pkg. frozen vegetables, 1/4 cup water and a pinch of salt to saucepan.
2. Turn burner on to HIGH. Place lid on saucepan.

3. Place pan on the stove. Wait until it boils.

4. Reduce heat to LOW. Continue to cook for 10 minutes.

5. Turn stove OFF.

6. Remove lid. Place strainer in sink and pour vegetables from pan into strainer.
7. When water is gone, pour vegetables into bowl.

8. Add 1 Tb. butter, 1 Tb. flour and a pinch of salt and pepper to saucepan.

9. Turn burner on to MEDIUM LOW and stir constantly.

10. Add 1/2 cup milk gradually and stir until thickened.

11. Turn stove OFF, take off stove.
Pour white sauce into vegetables and stir together.
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small saucepan with lid
strainer
liquid measuring cup
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stove

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