

Creamed Vegetables

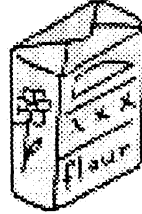
You Need:



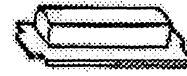
1 package of frozen vegetables



pinch salt



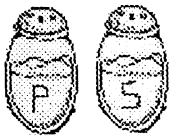
1 Tb. flour



1 Tb. butter



1/2 cup milk



salt & pepper



small saucepan with lid



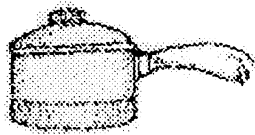
1/4 cup water



Tablespoon



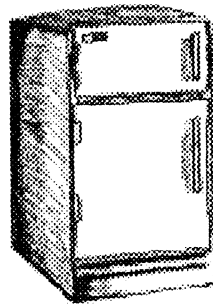
liquid measuring cup



medium saucepan with lid



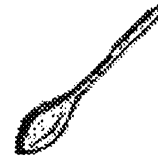
bowl



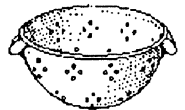
freezer



metal spatula

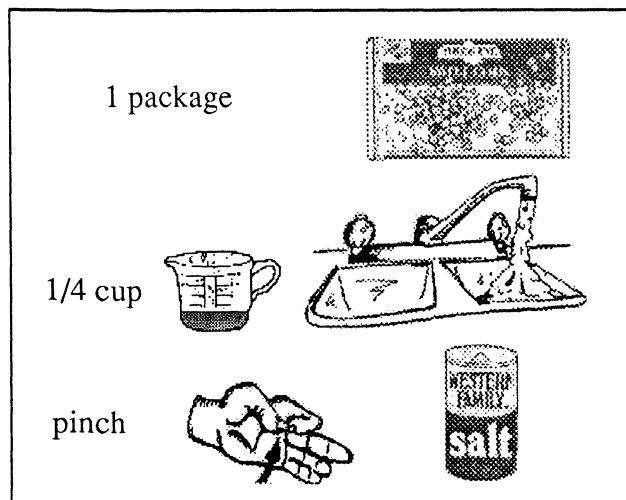


wooden spoon



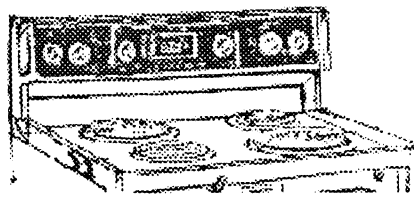
strainer

1.

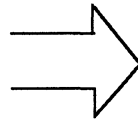


Add 1 pkg. frozen vegetables, 1/4 cup water and a pinch of salt to saucepan.

2.

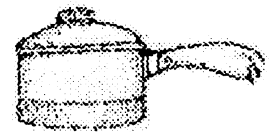
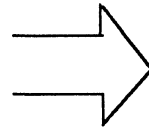
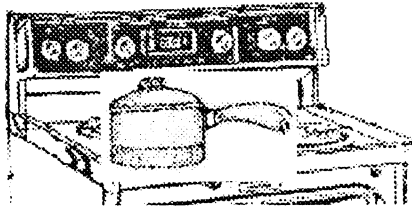


HIGH



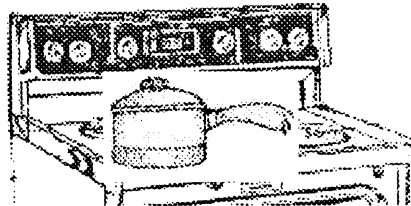
Turn burner on to HIGH. Place lid on saucepan.

3.

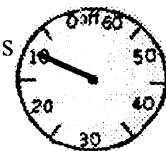


Place pan on the stove. Wait until it boils.

4.

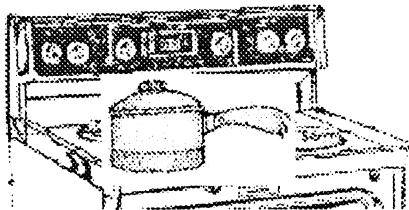


10 minutes



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

5.

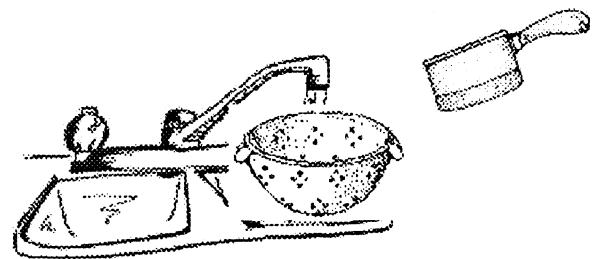
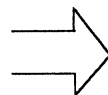
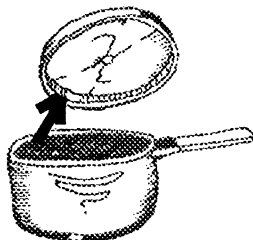


OFF



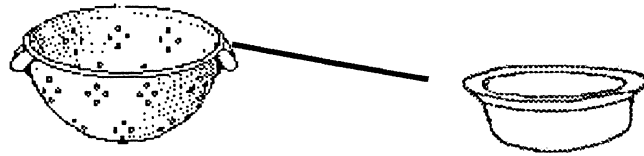
Turn stove OFF.

6.



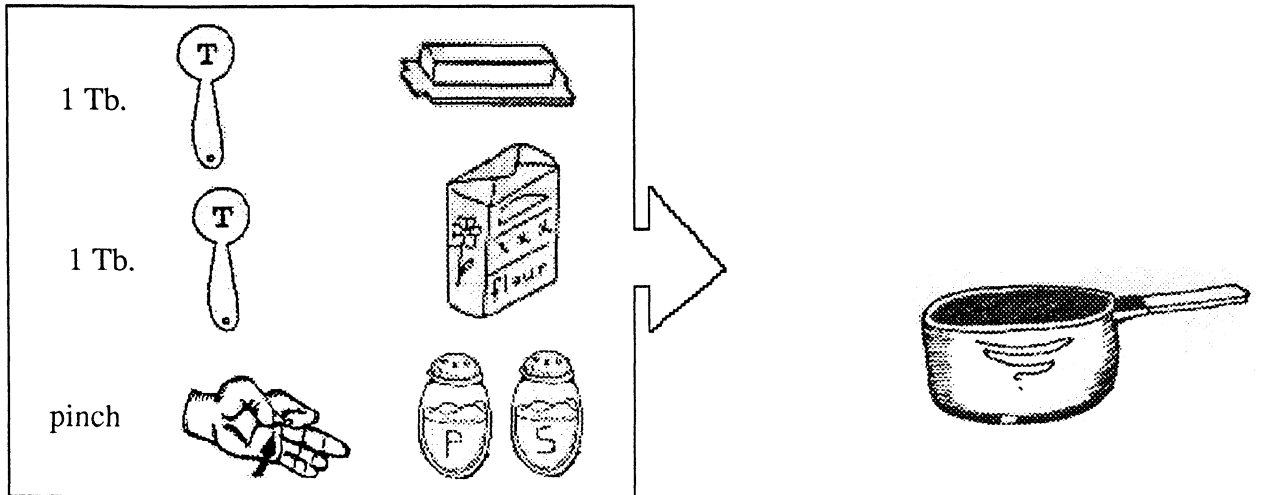
Remove lid. Place strainer in sink and pour vegetables from pan into strainer.

7.



When water is gone, pour vegetables into bowl.

8.



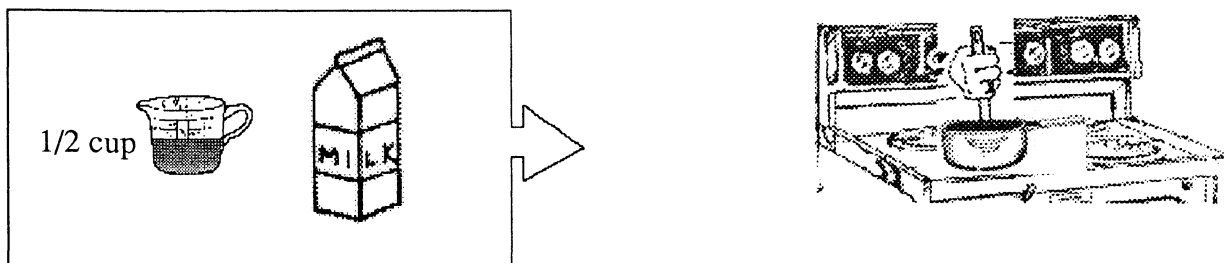
Add 1 Tb. butter, 1 Tb. flour and a pinch of salt and pepper to saucepan.

9.



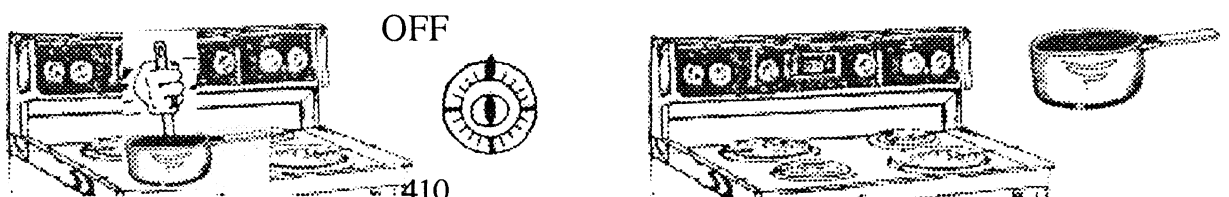
Turn burner on to MEDIUM LOW and stir constantly.

10.



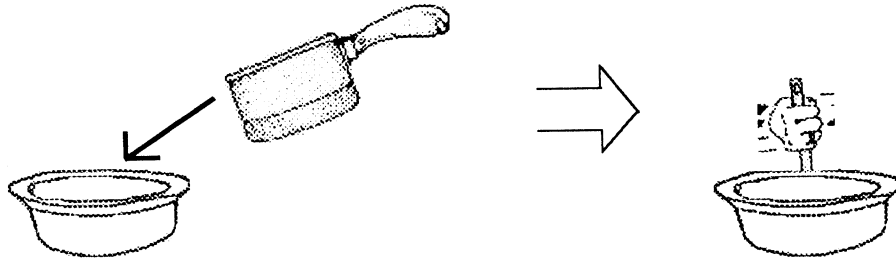
Add 1/2 cup milk gradually and stir until thickened.

11.



Turn stove OFF, take off stove.

12.



Pour white sauce into vegetables and stir together.

CREAMED VEGETABLES

You Need:

1 package of frozen vegetables
pinch salt
1/2 cup milk
1 Tb. flour
1 Tb. butter
salt & pepper
1/4 cup water
Tablespoon
metal spatula

freezer
medium saucepan with lid
small saucepan with lid
strainer
liquid measuring cup
bowl
wooden spoon
stove

1. Add 1 package frozen vegetables, 1/4 cup water, and a pinch of salt to saucepan.
2. Turn burner on HIGH. Place lid on pan.
3. Place pan on 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 to MEDIUM LOW and stir constantly.
10. Add 1/2 cup milk gradually and stir until thickened.
11. Turn stove OFF, take off stove.
12. Pour white sauce into vegetables and stir together.