

Frozen Vegetables

You Need:



1 package of frozen vegetables



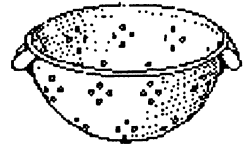
pinch salt



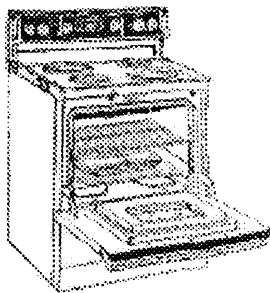
liquid measuring cup



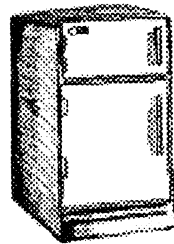
saucepan with lid



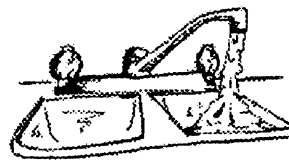
strainer



stove



freezer



1/4 cup water

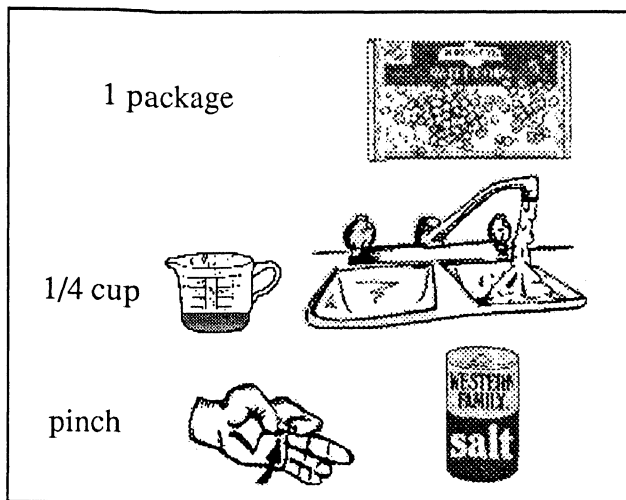


spoon



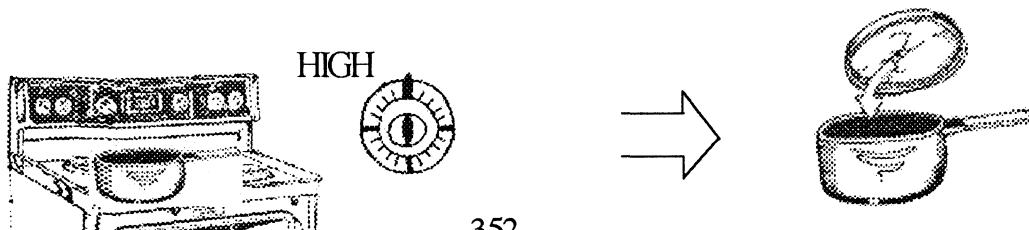
small bowl

1.



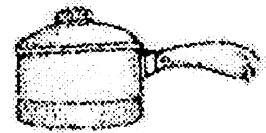
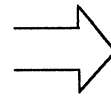
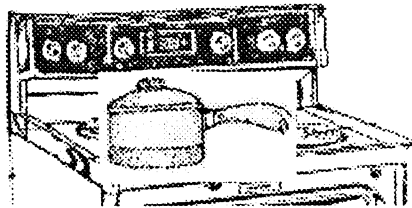
Add 1 pkg. frozen vegetables, 1/4 cup water and a pinch of salt to saucepan.

2.



Turn burner on to HIGH. Place lid on saucepan.

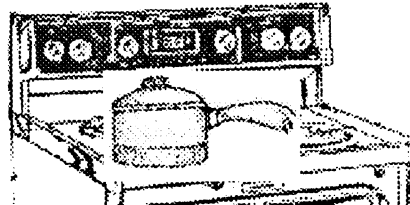
3.



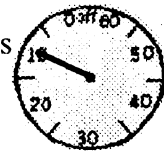
Place pan on the stove. Wait until it boils.

4.

LOW

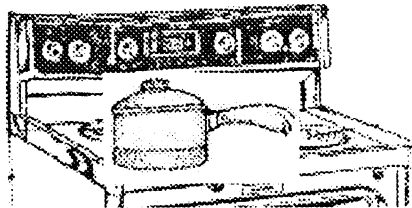


10 minutes



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

5.

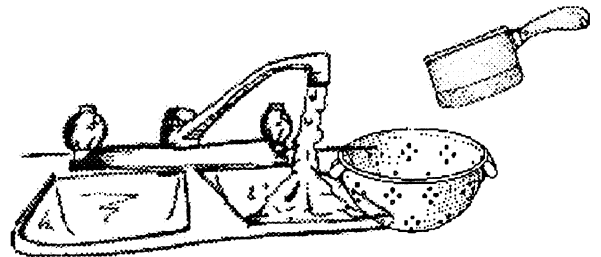
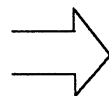
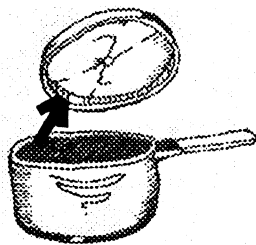


OFF



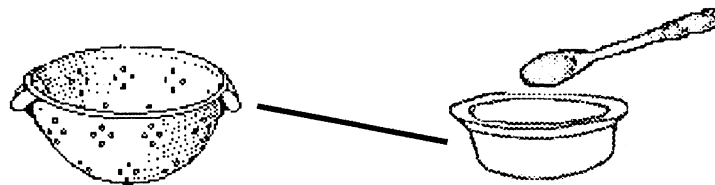
Turn stove OFF.

6.



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

7.



When water is gone, pour vegetables into bowl.

FROZEN VEGETABLES

You Need:

freezer
1 can of vegetables
salt
saucepan with lid
strainer
butter
small bowl
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.