seven ways to eat frozen fruits and vegetables

1 heat and serve a vegetable for dinner

Pour out the frozen broccoli, peas, carrots, green beans or cauliflower needed to cook for a meal. Close the bag tightly and put back into the freezer.

save money and reduce waste when using frozen vegetables

Try a **new vegetable mixture** for dinner:

- broccoli, cauliflower and carrots
- broccoli, green beans, onions and red peppers
- cauliflower, broccoli and red peppers

2 add veggies to your favorite dishes

- Add frozen carrots, peas or corn to your soup. Heat and serve.
- Chop frozen broccoli, carrots and peppers. Add to a casserole or stew and bake.
- Mix frozen peas, broccoli or spinach to a rice dish while cooking.
- Top a baked potato with cooked veggies and shredded cheddar cheese.

3 make a Beef Veggie Soup

1 pound lean beef roast, *cut into small cubes*
2 cups frozen vegetables of your choice
1 (28 ounce) can chopped tomatoes
2 (14 ounce) cans beef broth
1 teaspoon dry Italian herbs

- Cook the beef cubes in a large saucepan until brown, about 7 to 9 minutes. Season the meat with salt and pepper.
- Add the vegetables, tomatoes, beef broth and herbs to the cooked meat.
- Bring the soup to a boil. Reduce the heat and simmer for 30 minutes.

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4 make a smoothie

Banana Berry Smoothie
1 large ripe banana
1 cup frozen berries
1 cup skim milk

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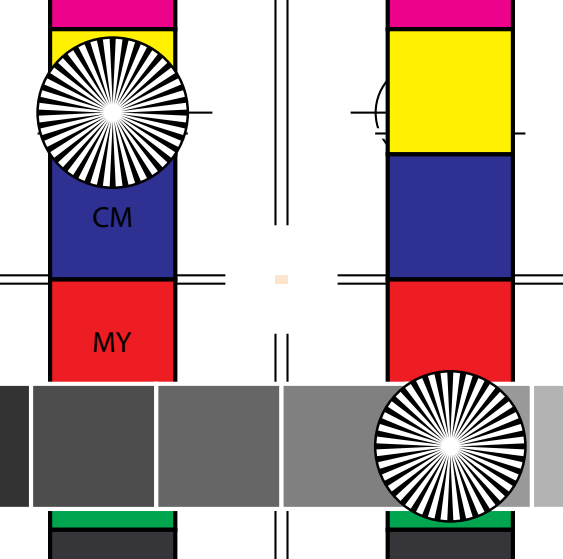
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