

4 ways to eat frozen vegetables:

Veggies on the side.
Just heat and serve!

1



2

Add frozen carrots, peas or corn to your soup. Heat and serve.



3



4



Mix thawed broccoli, carrots or cauliflower with cooked pasta. Heat through.



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4 maneras de comer verduras congeladas:

Verduras como acompañamiento.
Simplemente caliente y sirva.

1



2

Agregue zanahorias congeladas, guisantes o maíz a la sopa. Caliéntela y sirvala.



3



4



Mezcle brócoli, zanahoria o coliflor descongelados con pasta cocida. Caliente de manera uniforme.



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