

Frozen Vegetables

Frozen vegetables are blanched (cooked in boiling water and then placed in an ice bath to stop the cooking process) before being frozen.

Since the frozen vegetables are precooked, you only need to reheat.

Canned Vegetables

Canned vegetables are fully cooked.

Since the canned vegetables are fully cooked, you only need to reheat.

Carrots - Frozen

PREPARATION:

Stove Top:

Place frozen carrots in a saucepan. Cover with water. Place pan on burner over medium-high heat. Wait for water to come to a boil. Boil 2 to 4 minutes or until desired tenderness. Drain. Serve.

Microwave:

Microwave frozen vegetables in a microwave safe dish without water until heated through, 3 to 5 minutes.

Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of carrots prepared. Adjust accordingly.

Caution: Carrots will be hot.

Sweet Corn - Canned

PREPARATION:

Stove Top:

Place sweet corn in a saucepan. Cover with water. Place pan on burner over medium-high heat. Wait for water to come to a boil. Boil 2 to 4 minutes or until desired tenderness. Drain. Serve.

Microwave:

Microwave vegetables in a microwave safe dish until heated through, 1 to 2 minutes.

Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of corn prepared. Adjust accordingly.

Caution: Sweet Corn will be hot.

Green Beans - Canned

PREPARATION:

Stove Top:

Place green beans in a saucepan. Cover with water. Place pan on burner over medium-high heat. Wait for water to come to a boil. Boil 2 to 4 minutes or until desired tenderness. Drain. Serve.

Microwave:

Microwave vegetables in a microwave safe dish until heated through, 1 to 2 minutes.

Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of green beans prepared. Adjust accordingly.

Caution: Green Beans will be hot.

Green Beans - Frozen

PREPARATION:

Stove Top:

Place frozen green beans in a saucepan. Cover with water. Place pan on burner over medium-high heat. Wait for water to come to a boil. Boil 2 to 4 minutes or until desired tenderness. Drain. Serve.

Microwave:

Microwave frozen vegetables in a microwave safe dish without water until heated through, 3 to 5 minutes. Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of green beans prepared. Adjust accordingly.

Caution: Green Beans will be hot.

Broccoli - Frozen

PREPARATION:

Stove Top:

Place frozen broccoli in a saucepan. Cover with water. Place pan on burner over medium-high heat. Wait for water to come to a boil. Boil 3 to 5 minutes or until desired tenderness. Drain. Serve.

Microwave:

Microwave frozen vegetables in a microwave safe dish without water until heated through, 2 to 4 minutes. Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of broccoli prepared. Adjust accordingly.

Caution: Broccoli will be hot.

Baked Beans - Canned

PREPARATION:

Stove Top:

Place baked beans in a saucepan. Place pan on burner over medium-high heat. Simmer 2 to 4 minutes or until heated through. Serve.

Microwave:

Microwave vegetables in a microwave safe dish until heated through, 3 to 5 minutes. Microwaves may vary; cooking times and temperatures may vary based on actual equipment and quantity of baked beans prepared. Adjust accordingly.

Caution: Baked Beans will be hot.

Potato Gems/Tater Tots

PREPARATION: Cook From Frozen State

Conventional Oven: Preheat oven 425°F

Spread frozen product evenly on a shallow baking pan. Bake 10 to 15 minutes, turning once for uniform cooking. Cook to light golden color.

For food safety and quality, product must be fully cooked.

Cooking times and temperatures may vary based on actual equipment and quantity of potatoes prepared.

Adjust accordingly.

Caution: Potatoes will be hot.