

**Mixed Vegetables**  
**20 - Four Person Meals**

**PRINT** *Enlarged Assembly Directions if using big bags of Mixed Vegetables page 2*

**Mixed Vegetables Food Items Shopping List:**

- 20 lbs. of frozen Mixed Vegetables or buy 20 one lb. bags of frozen Mixed Vegetables

**Mixed Vegetables Packaging Items Shopping List:**

The below packaging is only required if purchasing big bags of Mixed Vegetables.

- 20 quart bags
- Labels: 2 sheets of 10 per page for a total of 20 Mixed Vegetables Labels (have more on hand)

**Mixed Vegetables Utensils Needed:**

The below cooking utensils are only needed if purchasing big bags of Mixed Vegetables.

- 1 cup measurer
- Large Mixing Bowl

**Mixed Vegetables Kitchen Prep:**

The below prep is only needed if purchasing big bags of Mixed Vegetables.

- Empty Mixed Vegetables bags into large mixing

**Mixed Vegetables Assembly:**

The below assembly is only needed if using big bags of Mixed Vegetables.

1. Apply Mixed Vegetables Label to bag.
2. Put 3 cups of Mixed Vegetables in each quart freezer Ziploc bag
3. Squeeze out air from bag. Seal bag.

# Mixed Vegetables

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2. Put 3 cups Mixed Vegetables in each quart freezer Ziploc bag



3. Squeeze out air from bag. Seal bag.

