

Broccoli
20 - Four Person Meals

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

Broccoli Food Items Shopping List:

- 20 lbs. of frozen Broccoli or buy 20 one lb. bags of frozen Broccoli

Broccoli Packaging Items Shopping List:

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

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

Broccoli Utensils Needed:

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

- 1 cup measurer
- Large Mixing Bowl

Broccoli Kitchen Prep:

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

- Empty Broccoli bags into large mixing

Broccoli Assembly:

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

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

Broccoli

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