

## 6 Uses for Canned Mixed Vegetables



- 1) Fold into fried rice at the end of cooking.
- 2) Fold into pasta sauce to disguise some extra servings of veggies in your dish.
- 3) Add to a pot of broth, cooked pasta, and canned chicken or beans for a quick soup.
- 4) Mix them into chili for some added texture and nutrients.
- 5) Make Meatless Shepherd's Pie: Sauté onions/garlic, mix in the veggies, and stir in a dollop of your favorite tomato-based sauce. Place this mixture into a baking dish then top with mashed potatoes. Bake at 400 degrees until the potatoes start to turn golden brown (simple30.com).
- 6) Incorporate into a curry dish.



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## **Formas de cocinar verduras enlatadas**



- 1) Incorporar verduras al arroz frito.
- 2) Agregue verduras a la salsa para pasta.
- 3) Agregue verduras a platillos como chile con frijoles para más textura y nutrientes.
- 4) Sopa de verduras rápida: combine caldo, verduras, pasta, y pollo desmenuzado o frijoles.
- 5) Shepherd's pie "sin carne:" saltee cebolla y ajo, incorporar las verduras enlatadas, y incorporar la salsa de tomate. Transfiera la mezcla en un plato hornear. Añadir puré de papas además de plato hornear. Hornee a 400 grados hasta que el puré de papas esté de color dorado oscuro (simple30.com).
- 6) Incorporar verduras enlatadas en el curry.



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