

Creamed Vegetables



*Suggested vegetables: beans, peas, carrots, parsnips, broccoli, Brussels sprouts, cauliflower, or combinations of above.

INGREDIENTS:

- 2 cups dried sliced or diced vegetables*
- 2½ cups boiling water
- ¼ cup butter
- 3 Tbsp flour
- 1 cup milk & liquid from reconstituting (see below)
- 1 bay leaf
- Salt and Pepper

INSTRUCTIONS:

1. Combine dried vegetables with boiling water. Cover. Let stand 1 to 2 hours. (If desired, use cold water and reconstitute overnight in refrigerator).
2. Simmer until tender, add more liquid if necessary. Drain liquid from vegetables. Pour into measuring cup.
3. Add enough milk or liquid to equal 1 cup.
4. Melt butter in separate saucepan. Add flour. Stir until bubbly and smooth.
5. Remove from heat. Stir in 1 cup milk/water (from reconstitution).
6. Add bay leaf. Cook, stirring constantly, until thickened.
7. Add drained vegetables and simmer 5 minutes.
8. Remove bay leaf. Season with salt and pepper.
9. Makes 6 servings.

Variations: Au Gratin Vegetables Prepare creamed vegetables, omitting bay leaf. Add ¾ cup grated cheddar cheese and ¼ tsp dry mustard. Pour into greased 2-quart baking dish. Combine ½ cup dry bread crumbs and 3 Tbsp melted butter. Sprinkle over vegetables. Bake at 350° for 30-35 minutes until browned.