

## Mixed vegetables (I will provide photo)

Preparation time: 2 minutes

Cooking time: 2 minutes

Serves 2

- Ingredients:
  - 2oz green beans
  - 2oz carrots
  - 2oz broccoli
  - 2oz Cauliflower
  - Butter (optional)
  - Your favorite spice
- Directions
  - Wash the vegetables and cut into even size pieces
  - Combine all ingredients in a medium Steamfast Bag
  - Shake gently to distribute ingredients and place bag in microwave
  - Cook on HIGH for 2 minutes
  - Allow bag to stand 1 minute before handling
  - Carefully open bag, pour out content and Enjoy!