



Give Them More  
of the  
Good Stuff!

# Freezing Vegetables

## Prepare Vegetables

- ❖ Wash hands with soap and water.
- ❖ Gather cooking tools and freezer containers.
- ❖ Rinse vegetables under running water.
- ❖ Trim, peel or cut vegetables as desired. Aim for pieces that are about the same size.
- ❖ The next step depends on the type of vegetable.

## Package for Freezing

- ❖ Use containers that are airtight and freezer-safe. Label them with the vegetable name and date.
- ❖ Put vegetables into the container directly or place on a flat pan and freeze until firm, then put into the container.
- ❖ Leave as little air as possible in the container before closing and then put into the freezer.

Freezing is a good way to store vegetables.



## How to Blanch for Freezing

Preparing Vegetables for Freezing	
Celery, onions, peppers, tomatoes	<b>Package</b> right after preparing.
Beets, potatoes, sweet potatoes, tomatoes, winter squash	<b>Cook</b> until done. Cut, mash or blend, if desired, then cool and package.
All others	<b>Blanch</b> using the picture directions below, then package.



**1.** Bring 1 gallon (16 cups) of water to boil in a large pot.



**2.** Lower 2 to 3 cups of vegetables into the boiling water.



**3.** Return the water to a boil and begin timing (see minutes below).



**4.** Move vegetables to a bowl of ice-cold water; cool completely.



**5.** Drain the vegetables and pat them dry, then package.

## Blanching Vegetables This short heat treatment protects the flavor and color of vegetables

2 minutes	carrots, parsnips, peas (snap or snow), spinach and other leafy greens (except collards), turnips
3 minutes	asparagus, beans (green or wax), broccoli, cauliflower, celery, collards, okra, summer squash (including zucchini)
4 minutes	corn cob (after blanching, slice off kernels to package), eggplant



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# Enjoy Frozen Vegetables

Food and Amount	Date	How Many
Corn, 16 ounces	8/10	11XX
Green beans, 2 cups	9/25	111X
Broccoli, 12 ounces	9/25	111
<del>Ground beef, 1 lb</del>	<del>9/30</del>	<del>1</del>
Whole chicken	10/5	1X
Chicken broth, 2 cups	10/20	11

Go to  
[FoodHero.org](http://FoodHero.org)  
for easy,  
tasty recipes

## Freezer List Reduces Waste

1. Make a list of foods already in your freezer on a piece of paper or dry erase board. Keep the list in a convenient place.
2. Label a food added to the freezer with the date it goes in and then add that food name and date to the freezer list.
3. Cross off or erase the food name from the list when it comes out of the freezer.
4. Use the oldest packages first to reduce the chance for waste. Frozen foods lose flavor and texture over time; use within 8 to 12 months.

## Use Frozen Veggies Safely

- Never thaw at room temperature or in warm water.
- Thaw all the way or partway in the refrigerator or microwave just before using.
- Add frozen or partway thawed to recipes, such as soups and smoothies.

## Save the Flavor of Garden Tomatoes

- Freeze tomatoes many ways: unpeeled or peeled, whole or cut, uncooked or cooked.
- Cook tomatoes first (any way you choose) to use the least amount of freezer space.
- Use frozen tomatoes in sauces or soups because their texture is soft after thawing.

## Roasted Tomatoes

### Ingredients:

- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**
- ¼ teaspoon **pepper**
- 2 cloves **garlic**, whole or chopped (optional)
- 2 Tablespoons fresh **herbs** or 2 teaspoons dried herbs (optional)
- 2 pounds **tomatoes**, stems removed

### Directions:

1. Preheat oven to 350 to 400 degrees F.
2. Drizzle oil on the bottom of a 9 x 13-inch baking dish. Sprinkle salt and pepper into the dish along with garlic and herbs if desired.
3. Cut tomatoes in half and put in baking dish with cut side down.
4. Bake tomatoes until soft and the peels start to brown, about 30 to 45 minutes. Cook longer if you want to remove more liquid.
5. Remove dish from the oven and let tomatoes cool. If desired, lift off and discard tomato peels.
6. Add to recipes in place of canned tomatoes, or chop and serve as a chunky sauce or blend to a smooth sauce.
7. Refrigerate leftovers within 2 hours or freeze for 8 to 12 months.

**Makes** 2 ½ to 3 cups sauce

**Prep time:** 10 minutes

**Cooking time:** 30 to 45 minutes



**Kids Can!**

**When kids help make healthy food, they are more likely to try it. Show kids how to:**

- **rinse vegetables under running water.**
- **keep track of blanching time.**
- **put vegetables on a flat pan for freezing.**

Corn 8-10-20