



## GREEN BEANS

*Here's how to cook one pound or less of frozen green beans on the stove top.*



- \_\_\_\_\_ 1. Get liquid measuring cup.  
Get water.  
Get pot with lid.  
Get 1 pound or less frozen green beans (open package).  
Get potholders.  
Get strainer. *or*  
Get slotted spoon and plate. *or*  
Get tongs and plate.



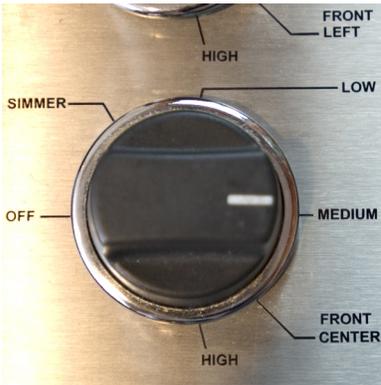
- \_\_\_\_\_ 2. Measure 1/2 cup water.



- \_\_\_\_\_ 3. Put water into pot.



\_\_\_\_\_ 4. Put pot on to stove.



\_\_\_\_\_ 5. Turn on stove to medium.



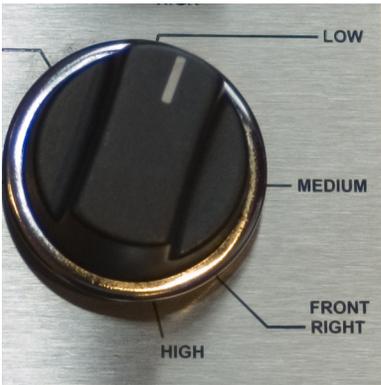
\_\_\_\_\_ 6. Boil water.



\_\_\_\_\_ 7. **Careful!** Put green beans into pot.



\_\_\_\_\_ 8. Put on lid.



\_\_\_\_\_ 9. Turn stove to low.



\_\_\_\_\_ 10. Simmer — 8 minutes.



\_\_\_\_\_ 11. Turn off stove.



\_\_\_\_\_ 12. Put on potholders.



\_\_\_\_\_ 13. **Careful!** Take off lid.



\_\_\_\_\_ 14. Take off potholders.



\_\_\_\_\_ 15. **Decision. Careful!** Drain with strainer.

*or*



\_\_\_\_\_ 15A. **Decision. Careful!** Drain with spoon.  
Put on to plate.

*or*



\_\_\_\_\_ 15B. **Decision. Careful!** Drain with tongs.  
Put on to plate.



## GREEN BEANS

*Here's how to cook one pound or less of frozen green beans on the stove top.*

Use in salads, as an ingredient in another dish, and as a side dish.

- \_\_\_\_\_ 1. Get liquid measuring cup. Get water. Get pot with lid. Get 1 pound or less frozen green beans (open package). Get potholders. Get strainer. *or* Get slotted spoon and plate. *or* Get tongs and plate.  
Get a clean liquid measuring cup, water from a faucet, a clean pot with a lid, one pound or less of frozen green beans, clean potholders, a clean strainer placed into a clean, empty sink, *or* a clean slotted spoon and a clean plate, *or* a clean set of tongs and a clean plate.
- \_\_\_\_\_ 2. Measure 1/2 cup water.  
Using the liquid measuring cup and water from the faucet, measure one half cup of water.
- \_\_\_\_\_ 3. Put water into pot.  
Put the water from the measuring cup into the pot with the green beans.
- \_\_\_\_\_ 4. Put pot on to stove.  
Put the pot on to a stove burner.
- \_\_\_\_\_ 5. Turn on stove to medium.  
Turn on the stove burner to a medium heat.
- \_\_\_\_\_ 6. Boil water.  
Heat the water until it reaches a boil.
- \_\_\_\_\_ 7. **Careful!** Put green beans into pot.  
Using your one hand, hold the handle of the pot so that it's steady and safe.  
Using your other hand, and being very careful, put the green beans, in small bunches, into the pot of boiling water.  
It's important to put in the green beans as carefully as possible to avoid any splashing.  
The green beans will cool off the water and it may take a minute or two for the water to reach a simmer.



- \_\_\_\_\_ 8. Put on lid.  
Put the lid on to the pot.
- \_\_\_\_\_ 9. Turn stove to low.  
Turn down the stove burner to a low heat so the water simmers, rather than boils.
- \_\_\_\_\_ 10. Simmer — 8 minutes.  
Let the water simmer for eight minutes.
- \_\_\_\_\_ 11. Turn off stove.  
Turn off the stove burner.
- \_\_\_\_\_ 12. Put on potholders.  
Put the potholders on to your hands.
- \_\_\_\_\_ 13. **Careful!** Take off lid.  
Using your one hand, hold the handle of the pot so that it's steady and safe.  
Using your other hand, carefully take off the lid from the pot and put the lid on to a safe surface.
- \_\_\_\_\_ 14. Take off potholders.  
Take the potholders off of your hands.
- \_\_\_\_\_ 15. **Decision. Careful!** Drain with strainer.  
Drain the boiling water from the green beans by using the strainer, which should be placed in the sink.
- or*
- \_\_\_\_\_ 15A. **Decision. Careful!** Drain with spoon. Put on to plate.  
Drain the boiling water from the green beans by using the slotted spoon.  
Put the drained green beans from the spoon on to the plate.
- or*
- \_\_\_\_\_ 15B. **Decision. Careful!** Drain with tongs. Put on to plate.  
Drain the boiling water from the green beans by using the tongs.  
Put the drained green beans from the tongs on to the plate.  
*Please note:* You will only be able to use tongs if the frozen green beans are not bite sized.