



# Seasoned Green Bean Puree

## What you'll need:

- 1 can of Thick-It® Seasoned Green Bean Puree
- 2 Tbsp. plus 1 tsp. of Thick-It® Original Thickener
- 1 tray of green bean molds

Yields: 7 green beans (1/4 cup of product/ mold)



## Directions:

- Open 1 can of Thick-It® Seasoned Green Bean Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 2 Tbsp. plus 1 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Seasoned Green Bean Puree.
- Stir the Thick-It® Powder into the Thick-It® Seasoned Green Bean Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/4 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 1 minute and 30 seconds and check for doneness.
- Enjoy!

For additional information, please visit [www.thickit.com](http://www.thickit.com) or call customer service at Precision Foods, Inc. at 1-800-442-5242.