

Cooking Contest Corner

Makin' It Easy With Canned Mixed Vegetables

(NAPSA)—Mom was right: It does pay to eat your vegetables. If your favorite canned mixed vegetable recipe is quick, easy, original, and uses no more than seven ingredients, it could be worth \$7,000.

That's the payoff the leading producer of canned mixed vegetables is offering busy cooks.

With a 78-year history of making home cooking more convenient, Veg•All's latest recipe contest challenges cooks to develop homestyle creations that make it easy to bring nutrition-packed vegetables into today's hectic lifestyles. Entries are being accepted from September 1 through November 30, 2004.

Nutrition is not the only reward in a can of mixed vegetables. The Veg•All Makin' It Easy Recipe Contest offers a grand prize of \$7,000 and seven \$1,000 first prizes.

How to Enter

To enter the Veg•All Makin' It Easy Recipe Contest:

- Develop and submit an original recipe using Veg•All 15-ounce Original Mixed Vegetables.

- Submit entry on a 3"x5" recipe card and include: Recipe name; complete listing of ingredients with U.S. measurements (must be seven ingredients or fewer to qualify); step-by-step instructions for preparation, mixing, cooking/baking, prep/cook time and temperature requirements; number of servings; serving suggestions; and any other pertinent information.



Your favorite vegetable recipe could get you \$7,000.

- Submit the following on a separate 3"x5" card: Entrant's full name, home address, telephone number and e-mail address (if available).

- Limit of two entries per household. Only one entry per envelope.

- Include one UPC from a 15-ounce Veg•All Original Mixed Vegetables label.

- All entries should be typed, or hand printed in ink. Entries must be received no later than November 30, 2004, and mailed to Veg•All Makin' It Easy Recipe Contest, P.O. Box 109, Anaheim, CA 92815-0109.

Veg•All, a mix of seven vegetables in a light onion broth (carrots, potatoes, celery, sweet peas, green beans, corn, and lima beans), is the leading brand of canned mixed vegetables in the U.S. Complete official contest rules are available at www.veg-all.com.