

Pet Milk Creamed Vegetables

2 cups cooked vegetables 1/8 tsp pepper
1 tbsp butter 1/8 tsp smoked paprika
2 tbsp flour 1/2 cup vegetable liquid
1/2 tsp salt 1/2 cup evaporated milk

Melt butter in saucepan. Blend in flour, salt, and pepper to make a quick roux. Stir vegetable liquid (or water or stock) slowly into the roux to make a sauce. Boil two minutes, stirring constantly. Stir in the evaporated milk, add the vegetables, and heat thoroughly.

Adapted from *Tempting Low Coast Meals* (1940).