

Creamed Carrots

Aurora Newmarket Food Group



Absolutely decadent in its very simplicity, these are carrots as they should be...

Servings: 4

2 lbs carrots, peeled and cut into 2' lengths

coarse salt, to taste

freshly ground black pepper, to taste

1 tbsp butter

1/3 c sour cream

Preparation Time: 5 minutes

Start to Finish Time: 35 minutes

Cook carrots in boiling water until very tender. Drain.

Purée in food processor until smooth and free of lumps, seasoning with butter, salt and pepper, and sour cream.

Serve immediately.

Per Serving (excluding unknown items): 153 Calories; 7g Fat (40.5% calories from fat); 3g Protein; 21g Carbohydrate; 6g Dietary Fiber; 16mg Cholesterol; 110mg Sodium. Exchanges: 4 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.