



Carrots braised in oil

- 1) 16 oz bag of frozen crinkle cut carrots
- 1 T Sugar
- 1 ½ Cups water
- 1 ½ T olive oil
- ½ t salt

In saucepan bring carrots to boil with sugar water oil and salt Cover and boil slowly until carrots are tender and liquid is evaporated about 40 min

<http://www.lincolntent.com/GFCF-Vegetable.html>