

# Baked Carrots and Potatoes

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*4 medium potatoes, peeled  
and sliced  
4 medium carrots, peeled  
and sliced  
1 large onion, sliced  
2 tablespoons butter  
2 cups milk  
1/4 teaspoon paprika  
1 teaspoon salt*

Preheat the oven to 300 degrees.

Grease a casserole dish. Place the vegetables in alternate layers in the dish.

Season with paprika and salt and dot with butter.

Continue until the potatoes, carrots and onions are all used.

Pour the milk over the top.

Bake until tender, about two hours.

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Per Serving (excluding unknown items): 1056 Calories; 41g Fat (33.6% calories from fat); 31g Protein; 149g Carbohydrate; 19g Dietary Fiber; 128mg Cholesterol; 2739mg Sodium. Exchanges: 6 Grain(Starch); 0 Lean Meat; 7 1/2 Vegetable; 2 Non-Fat Milk; 7 1/2 Fat.