

Carrot Casserole II

Beverly Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

2 cups sliced carrots
vegetable oil
1 large onion, sliced
1/4 cup brown sugar
1/2 cup beef broth

Preheat the oven to 350 degrees.

In a saucepan, briefly brown the carrots in oil.
Add the onion, brown sugar and beef broth.
Simmer together for 5 minutes.

Turn into a casserole dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 313 Calories; 1g Fat (1.7% calories from fat); 9g Protein; 71g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 742mg Sodium. Exchanges: 1/2 Lean Meat; 6 1/2 Vegetable; 2 1/2 Other Carbohydrates.