

Sweet and Sour Carrots

Unitarian Universalist Fellowship of Vero Beach, FL 2000 Jeanette Webber

*2 pounds carrots, sliced
1 onion, chopped
1 green pepper, chopped
pinch salt
1 can tomato soup
3/4 cup vinegar
1 tablespoon
Worcestershire sauce
1/4 cup cooking oil
1/4 cup sugar*

In a saucepan, cook the carrots, onion, green pepper and salt until just tender.

Add the tomato soup, vinegar, Worcestershire sauce, cooking oil and sugar.

Bring to a boil. Reduce the heat. Simmer for 15 minutes.

Per Serving (excluding unknown items): 1219 Calories; 58g Fat (40.6% calories from fat); 13g Protein; 179g Carbohydrate; 29g Dietary Fiber; 0mg Cholesterol; 1133mg Sodium. Exchanges: 1/2 Grain(Starch); 19 Vegetable; 11 Fat; 4 1/2 Other Carbohydrates.