

CARROTS, RHINELAND STYLE

Ingredients:

1 lb. Carrots, diced (2 ¼ cups)

1 tsp sugar

½ tsp salt

2 T butter

2 medium onions, thinly sliced

½ cup carrot liquid

3 tart apples, cored and cut in 16ths tender. Add pepper to taste.

(peeled if desired)

Pepper to taste

Directions:

Peel and dice carrots and cook in boiling water to which the salt and sugar have been added. Just barely cover the carrots. When almost tender, remove from heat, drain, and reserve ½ cup of the liquid. Melt butter, add onion and cook until transparent, not brown. Add carrots, liquid and apple. Cover and cook gently until apples and carrots are quite