

Carrot Mash

You're kids will never know it's a vegetable!

Submitted by: Angie H

Ingredients:

1 pound carrots cut crosswise into ½ inch slices (use regular size carrots for the best flavor)

1/3 cup fat free half and half

3 tablespoons firmly packed dark brown sugar

2 tablespoons butter

½ teaspoon Goodman's Vanilla

¼ teaspoon Goodman's Butter

¼ teaspoon Goodman's Burnt Sugar

1 tablespoon pecan chips, toasted

Quantity: 4 ½ cup servings

Preparation:

Steam the carrots for 15 minutes or until very tender.

In a food processor or blender, process all the ingredients except the pecans, until smooth, scraping the bottom and side occasionally.

To serve, spoon the carrot mixture into a shallow bowl. Sprinkle with toasted pecans.

Flavor alternatives: try Goodman's Maple or Black Walnut for a new twist.