

Boiled Carrots

2 SERVINGS 45 MINUTES



INGREDIENTS

4 Carrot (medium, peeled and chopped into sticks)

NUTRITION

AMOUNT PER SERVING

Calories	50	Iron	0mg
Fat	0g	Vitamin D	0IU
Carbs	12g	Folate	23µg
Fiber	3g	Magnesium	15mg
Protein	1g	Zinc	0mg
Vitamin C	7mg		

DIRECTIONS

- 01 Bring a pot of water to a boil.
- 02 Place carrot sticks in a pot and boil for at least 45 minutes. Keep an eye on the water level. Carrots must be soft and hard to pick up with a fork.

NOTES

RECIPE ID 121

LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days, or freeze up to 10 months.

SERVE THEM WITH

Serve these with Roast Beef, Shredded Chicken or Roasted Chicken.

MORE FLAVOR

Toss them in olive oil or butter and season with salt.