

Carrots Lyonnaise

Dona Pratt - Salem, IL

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Yield: 5 to 6 servings

*2 pounds carrots
3/4 cup water
1 cube chicken bouillon
3 medium onions
1/4 cup butter
1 tablespoon flour
pinch salt
pinch pepper*

Preparation Time: 30 minutes**Cook Time: 20 minutes**

Slice the carrots long and thin, about 2 - 3 inches long. In a saucepan, cook the carrots covered in 3/4 cup of water and dissolved bouillon cube until tender.

In a saucepan, saute' the onions in butter until transparent.

In a skillet, mix together the carrots with liquid and the onions. In a bowl, mix together the flour, salt and pepper. Add to the skillet. Mix and cook until thickened. Add more water, if needed.

Per Serving (excluding unknown items): 930 Calories; 49g Fat (45.5% calories from fat); 15g Protein; 118g Carbohydrate; 30g Dietary Fiber; 124mg Cholesterol; 2250mg Sodium. Exchanges: 1/2 Grain(Starch); 21 Vegetable; 9 Fat.