

# Marinated Carrots

*Pat Bryan*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*2 pounds carrots, peeled  
and sliced  
2 onions, sliced into rings  
2 green peppers, sliced or  
chopped  
SAUCE  
1 can tomato soup  
1/2 cup vegetable oil  
1 teaspoon Worcestershire  
sauce  
salt (to taste)  
pepper (to taste)  
3/4 cup vinegar  
1 cup sugar  
1 teaspoon mustard*

In a cookpot, cook the carrots in water until done (do not overcook). Drain.

Make the sauce: In a bowl, combine the tomato soup, vegetable oil, Worcestershire sauce, salt, pepper, vinegar, sugar and mustard. Stir until well mixed.

Place the carrots, peppers and onions in alternate layers in a large bowl. Cover with the sauce.

Marinate overnight.

(The carrots will keep for three to four weeks in the refrigerator.)

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Per Serving (excluding unknown items): 2351 Calories; 113g Fat (41.5% calories from fat); 15g Protein; 344g Carbohydrate; 33g Dietary Fiber; 0mg Cholesterol; 1105mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 22 Vegetable; 22 Fat; 14 Other Carbohydrates.