

Sweet and Tangy Carrots II

Helen Palecki

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*5 cups sliced carrots,
cooked until just tender
1/2 cup green peppers,
chopped
1/3 cup onions, chopped
1/3 cup sugar
1 can (10 ounce) tomato
soup
1/2 cup cider vinegar
1/3 cup oil
1 teaspoon prepared
mustard
1 teaspoon Worcestershire
sauce*

In a large bowl, combine the carrots, green peppers and onions.

In a medium saucepan, combine the sugar, tomato soup, vinegar, oil, mustard and Worcestershire sauce. Bring to a boil over medium heat, stirring occasionally. Pour over the vegetables in the bowl.

Chill thoroughly.

Serve cold.

Per Serving (excluding unknown items): 1304 Calories; 75g Fat (49.7% calories from fat); 10g Protein; 162g Carbohydrate; 21g Dietary Fiber; 0mg Cholesterol; 1025mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 13 1/2 Vegetable; 14 1/2 Fat; 5 Other Carbohydrates.