
Creamed Peas

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

1 package (16 ounce) frozen peas (or 3 cups fresh peas)

4 tablespoons butter

2 tablespoons flour

1 cup half-and-half

1 heaping teaspoon sugar

1/2 teaspoon salt

1 cup sliced carrots (optional)

In a saucepan, cook the peas in boiling water for 10 minutes. Pour into a colander and drain.

Using the same saucepan, melt the butter over medium heat. Stir in the flour. Gradually add the half-and-half, stirring constantly until thick and creamy. Stir in the sugar, salt and peas.

If using carrots in the dish, cook the carrots until tender in a separate saucepan. Add to the creamed peas.

Yield: 6 to 8 servings

Per Serving (excluding unknown items): 1237 Calories; 46g Fat (32.7% calories from fat); 2g Protein; 212g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 1536mg Sodium. Exchanges: 1 Grain(Starch); 9 Fat; 13 1/2 Other Carbohydrates.