

Delicious Ways to Prepare and Cook Frozen Carrots

BY KATHLEEN BAILEY (GARBER)

1. Boil them to preferred tenderness, drain, then add butter/margarine and sprinkle with a vegetable seasoning (from Ms. Dash or something similar.)
2. If you like your carrots sweet, you can boil them directly in honey or if you don't want them TOO sweet or want to be thrifty with your honey, boil them in water first till it's just about at desired tenderness, then drain, add enough honey to coat bottom of pot and put back on to simmer. Stir so that all carrots get time to simmer in honey. Simmer at least 5 minutes but make sure all carrots get time in honey.
3. Put a thin coating of olive oil in oven-proof dish and add frozen carrots on top. Bake in oven at 350 until desired tenderness. If you are cooking something in oven, just add the carrot dish next to it at whatever temperature it's at and just keep an eye on them.
4. Saute carrots in your desired oil. This is better if you like your carrots to remain a bit crunchy. You can saute by themselves or with onion, garlic or the seasoning of your choice*.
5. Cook them any way you want (boiled, sauteed or roasted) but then toss with some balsamic vinegar (about 1/2 tbsp per 1 cup of carrots) and brown sugar (1 tsp per 1 cup carrots) before serving.
6. Have you ever had mashed carrots? Boil them long enough so that they are very soft and until water in pot is boiled almost all the way down. DON'T drain them or you'll lose lots of nutrients. Take off heat, add butter/margarine and mash. Don't add milk as you will have a bit of liquid from pot already. If you find they are too carroty, next time make mashed carrot-potatoes. Boil both and mash them together.
7. If you like cheese, try making cheesy carrots. You can bake them and add shredded cheese on top in last few minutes of cooking or saute them and do the same.

* Seasonings/Flavors that pair well with carrots: tarragon, ginger, parsley, cinnamon, orange, sugar, thyme, dill, butter, chili peppers, allspice, garlic.

Recipes

Carrot Coconut Smoothie

Ingredients:

1 cup of frozen carrots
1 ultra-ripe banana
4 large ice cubes
1 cup full-fat canned coconut milk
1/4 cup water
1 tsp cinnamon

Directions:

Add all ingredients to a high-speed blender and blend on high until smooth.

For a "Carrot Cake Smoothie" use frozen carrots, banana, cinnamon, yogurt, milk (a little maple syrup too, if you like it sweeter).

Curried Carrot Soup

Serves: 6

Ingredients:

- 1 tbsp. olive oil
- 1 tsp. mustard seed
- 1/2 yellow onion, chopped
- 1 lb. carrots, peeled and cut into 1/2-inch pieces or frozen carrots
- 1 tbsp. plus 1 teaspoon peeled and chopped fresh ginger
- 1/2 jalapeno chili, seeded
- 2 tsp. curry powder
- 5 c. chicken stock, vegetable stock or broth
- 1/4 c. chopped fresh cilantro (fresh coriander), plus leaves for garnish
- 2 tbsp. fresh lime juice
- 1/2 tsp. salt (optional)
- 3 tbsp. low-fat sour cream or fat-free plain yogurt
- Grated zest of 1 lime

Directions:

In a large saucepan, heat the olive oil over medium heat. Add the mustard seed. When the seeds just start to pop, after about 1 minute, add the onion and sauté until soft and translucent, about 4 minutes. Add the carrots, ginger, jalapeno and curry powder and sauté until the seasonings are fragrant, about 3 minutes. Add 3 cups of the stock, raise the heat to high and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the carrots are tender, about 6 minutes.

In a blender or food processor, puree the soup in batches until smooth and return to the saucepan. Stir in the remaining 2 cups stock. Return the soup to medium heat and reheat gently. Just before serving, stir in the chopped cilantro and lime juice. Season with the salt, if desired.

Ladle into warmed individual bowls. Garnish with a drizzle of yogurt, a sprinkle of lime zest and cilantro leaves.

Adapted from Recipe courtesy of IowaGirlEats

Carrot Rice Casserole

Ingredients:

- Servings 3-4
- 4 tablespoons butter
- 1 lb carrot, grated or in very small pieces
- 1 onion, chopped fine
- 1 1/3 cups mozzarella cheese, shredded
- 2 cups cooked rice
- 2 eggs, beaten

Directions:

Melt butter.

Add grated carrots and onions; saute for 3-4 minutes.

Stir in cheese, cooked rice and eggs.

Pour the mixture into a greased 11x13 baking dish.

Bake @ 350 for 20 minutes.

Adapted from Recipe courtesy of Food.com