

Recipes Using Canned Carrots



Breakfast Sunshine Smoothie

You will need:

$\frac{1}{2}$ cup canned carrots, drained and rinsed $\frac{1}{2}$ cup cold apple juice or orange juice 1 banana
 $\frac{1}{2}$ cup ice, optional

Instructions:

- Combine all the ingredients and blend until smooth.
- Add some ice cubes for a thicker, frothier texture.

Glazed Carrots Six Ways

You will need:

1 (14 oz.) can of carrots, drained; reserve liquid 1 tbsp. butter or oil salt and pepper to taste
1 choice from below:

- #1: Honey Mustard Glaze - 2 tbsp. honey or brown sugar, 1 tbsp. Dijon mustard
- #2: Warm Apple Glaze - 2 tbsp. applesauce or juice, 1 tbsp. maple syrup, $\frac{1}{4}$ tsp. cinnamon
- #3: Maple Cinnamon Glaze - 2 tbsp. maple syrup, 2 tbsp. vinegar, $\frac{1}{4}$ tsp. cinnamon
- #4: Sweet Citrus Glaze - 1 tbsp. lemon or orange juice, 1 tbsp. maple syrup or brown sugar
- #5: Orange Spiced Glaze - 2 tbsp. orange juice, 1 tbsp. sugar, 1 pinch cayenne pepper
- #6: Hawaiian Style Glaze - 2 tbsp. crushed pineapple, 1 tbsp. sugar, 2 tsp. soy sauce

Instructions

- **Stovetop:** In a small sauce pan over medium high-heat combine 1 tbsp. butter or oil with your choice of glazing ingredients. Cook, stirring frequently, until mixture begins to bubble. Add carrots and stir to coat. If needed, add 1 - 2 tbsp. of reserved carrot liquid to thin the sauce. Cook, stirring constantly, until carrots are heated through. Add salt and pepper to taste. Serve warm.
- **Microwave:** In a microwave-safe bowl, combine 1 tbsp. butter or oil with your choice of glazing ingredients. Microwave for 1 - 2 min. on high, or until mixture begins to bubble. Add carrots and stir to coat. If necessary, add 1 - 2 tbsp. of reserved carrot liquid to thin the sauce. Cook for one more minute until carrots are heated through. Add salt and pepper to taste. Serve warm.

Easy Carrot and Cranberry Salad

You will need:

1 (14.5 oz.) can carrots, rinsed and drained 1 (15 oz.) can beans (any kind), rinsed and drained
2 cups pasta of choice $\frac{1}{2}$ cup dried cranberries or raisins $\frac{1}{4}$ cup Italian dressing

Instructions:

- Cook pasta according to package instructions. Drain and rinse with cold water. Set aside.
- In a large bowl, combine pasta, beans, carrots, and dried fruit.
- Toss with dressing and serve chilled.

Glowing Mashed Potatoes

You will need:

1 (14.5 oz.) can of carrots, drained
2 (14.5 oz. cans potatoes, drained and chopped
 $\frac{1}{2}$ tsp. garlic powder; optional

$\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ cup low-fat milk or water
 $\frac{1}{2}$ cup canned or frozen peas; optional

$\frac{1}{4}$ tsp. pepper
1 tbsp. butter or oil

Instructions:

- Bring a large pot of salted water to a boil.
- Add potatoes and carrots and cook for 5 minutes or until soft enough to mash. Drain in a colander.
- Return potatoes and carrots to the pot. If you are not using milk, save $\frac{1}{4}$ cup hot water.
- Add butter or oil, salt, pepper, garlic powder, and, if needed, add $\frac{1}{2}$ cup low-fat milk or hot water.
- Mash with hand mixer or potato masher. Add peas, if using. Serve warm.

Spiced Carrot and Apple Soup

You will need:

2 (14.5) cans of carrots, drained and chopped
1 tbsp. oil
2 cloves minced garlic or $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{2}$ tsp. curry powder, or more to taste

1 apple, peeled and chopped
 $\frac{1}{2}$ tsp. salt or to taste
1 small onion

3 - 4 cups chicken stock or vegetable broth
 $\frac{1}{8}$ tsp. black pepper or more to taste
 $\frac{1}{2}$ tsp. ground cinnamon, optional
 $\frac{1}{2}$ tsp. ground ginger, or more to taste

Instructions:

- In a large pot, heat oil over medium-high heat. Add onion. Cook until softened, about 5 minutes.
- Add garlic. Cook for 1 minute longer, stirring constantly.
- Add the chopped apple to the pan. Cook until soft, about another 5 minutes.
- Add the drained carrots, stock/ broth/ water, and seasonings. Bring to a boil.
- Reduce heat to low and simmer for 10 - 15 minutes.
- Transfer the soup into a blender. Open latch in the top of the blender to let steam escape.
- Cover this opening with a towel and blend until smooth. For chunkier soup, skip this step.
- Serve warm.

Canned Carrot Cake

You will need:

2 (14.5 oz.) cans of carrots, drained
2 cups flour
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup crushed pineapple, drained; optional

1 cup vegetable oil
2 tsp. baking powder
 $\frac{1}{2}$ cup flaked coconut, optional

4 eggs
2 cups sugar
2 tsp. baking soda
2 tsp. cinnamon
 $\frac{1}{2}$ cup chopped walnuts or pecans, optional

Instructions:

- Preheat oven to 350 degrees F. Mash carrots, or puree well. Use mixer or food processor.
- In a large mixing bowl, combine carrots, eggs, and sugar. Mix well with mixer over medium speed.
- Add oil and continue mixing. Mix/sift dry ingredients together and gradually add to carrot mixture.
- When all is well incorporated, blend on medium speed for 2 minutes.
- If adding coconut, nuts, and/or pineapple, do so at this point. Stir in by hand.
- Pour batter into a 9 x 13-inch pan or two round baking pans. Spray pans with cooking spray.
- Bake for 25 - 30 min. or until toothpick comes out clean. Frost with favorite cream cheese frosting.