

Quick Cooked Carrots with Vinegar and Thyme

Conversion
Factor

Original Yield

Desired Yield

desired yield

----- = conversion factor

original yield

Original Yield x Conversion Factor = Desired Yield

carrots, peeled, and sliced on the diagonal ¼-inch thick

1 lb.

water

2 T.

butter

2 T.

Sugar, granulated

1 t.

salt

½ t.

red wine vinegar

2 T.

dried thyme

¼ t.

Ground black pepper

tt

minced fresh parsley leaves

1 T.

1. In 10-inch skillet, bring carrots, water, butter, sugar, and salt to boil over medium-high heat.
2. Cover and cook 3 minutes.
3. Uncover skillet; continue to cook over medium-high heat until remaining water evaporates, about 1 minute.
4. Add vinegar and dried thyme.
5. Cook until carrots are tender and glazed, about 2 minutes longer.
6. Season to taste with pepper, sprinkle with fresh parsley leaves, and serve.