

Can-Do CARROTS



Peach and Carrot Smoothie

Ingredients

- 1 (15 ounce) can peaches, undrained (or use 1½ cups fresh or frozen peach slices and add ½ to ¾ cups water or 100% fruit juice)
- 1 (14.5 ounce) can carrots, drained and rinsed (or 1 cup fresh or frozen carrots, cooked and cooled)
- 1 medium banana (fresh or frozen)

Directions

1. Clean hands and food preparation surfaces.
2. Combine all ingredients in a blender or food processor, including juice from the canned peaches.
3. Blend until smooth and serve right away.
4. Refrigerate or freeze leftovers within 2 hours.

Notes

- Cook frozen carrots from the store according to package directions.
- For a thinner smoothie, add more water or 100% fruit juice.

Adapted from: foodhero.org/recipes/peach-and-carrot-smoothie



Extension
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Glazed Carrots

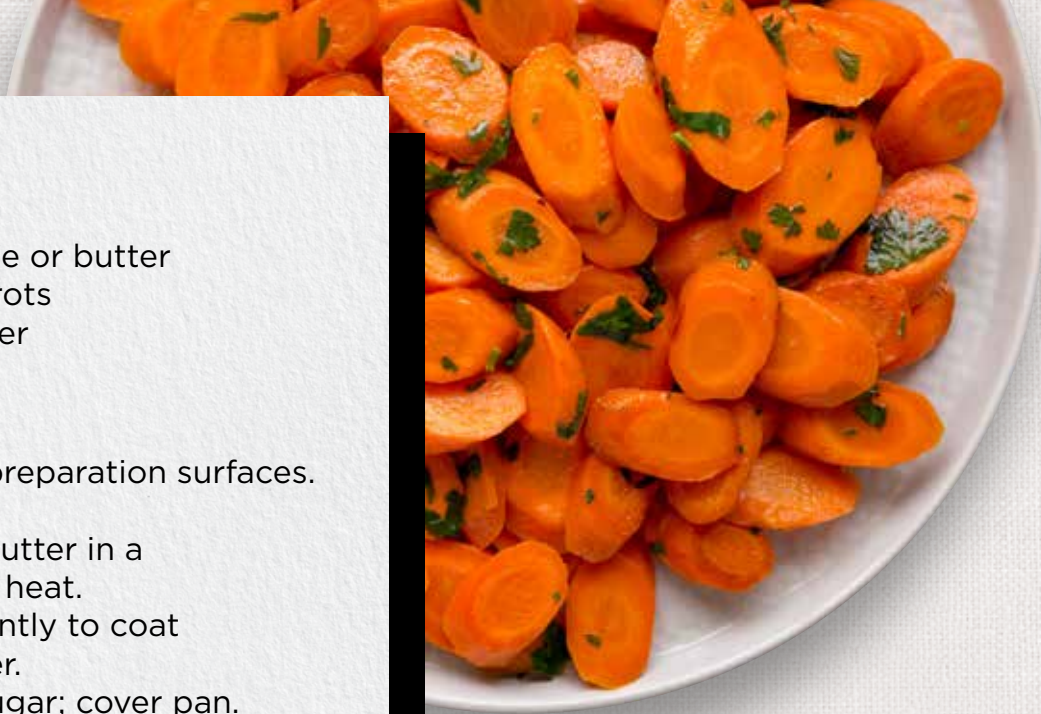
Ingredients

- 2 tablespoons margarine or butter
- 2 (14.5 ounce) cans carrots
- ¼ teaspoon black pepper
- 2 teaspoons sugar

Directions

1. Clean hands and food preparation surfaces.
2. Drain canned carrots.
3. Melt the margarine or butter in a heavy saucepan on low heat.
4. Add the carrots. Stir gently to coat with margarine or butter.
5. Add salt, pepper and sugar; cover pan.
6. Shake the pan back and forth on the burner for 1 minute.
7. Cook for 1 more minute, until the carrots are glazed but not brown.

Adapted from: myplate.gov/recipes/glazed-carrots



Lentil Stew

Ingredients

- 2 teaspoons olive or canola oil
- 1 large onion, chopped
- 1 teaspoon garlic powder
- 2 (14.5 ounce) cans carrots
- 1 cup dry lentils, rinsed and drained
- 3 (14.5 ounce) cans diced, low-sodium tomatoes
- 3 cups water
- 1 teaspoon chili powder

Directions

1. Clean hands and food preparation surfaces.
2. Heat the oil in a large pot over medium heat; add chopped onion.
3. Cook for 3 minutes, or until tender.
4. Stir in garlic powder, lentils, tomatoes, water and chili powder.
5. Simmer, uncovered, for about 20 minutes or until lentils are tender. Stir in canned carrots during the last 5 minutes of cooking.

Adapted from: myplate.gov/recipes/lentil-stew

Minestrone

Servings: 6

Ingredients

- 3 tablespoons olive oil
- 1 (14.5 ounce) can carrots
- 1 zucchini, chopped
- 1 cup fresh green beans, cut into 1-inch pieces (or 1 can green beans, drained)
- 3 ½ cups water
- 2 (14.5 ounce) cans chopped tomatoes
- 1 tablespoon fresh thyme, chopped (or 1 teaspoon dried thyme)
- ½ cup small elbow macaroni, uncooked
- 1 (15 ounce) can cannellini beans
- 2 fresh bay leaves (optional)
- ¼ teaspoon salt, adjusted to taste
- ⅛ tablespoon black pepper, adjusted to taste

Option:

- For added flavor and a heartier meal, add cubed chicken, pork or beef. To ensure meat is fully cooked, add it during step 3 (along with the water, tomatoes and thyme).

Directions

1. Clean hands and food preparation surfaces.
2. In a large saucepan, heat olive oil over medium heat. Add zucchini, green beans and celery; cover and reduce heat to low. Cook for about 15 minutes, stirring occasionally.
3. Add water, tomatoes and thyme; stir and raise heat to medium-high.
4. Bring to a boil, cover and reduce heat to low; simmer gently for 30 minutes.
5. While soup simmers: In a separate pot, cook elbow macaroni according to package directions. Drain and set aside. Drain and rinse the cannellini beans with cold water, set aside. Drain the carrots and set aside.
6. Once the 30 minutes for the soup has passed, add cannellini beans, carrots, bay leaves and elbow macaroni to the soup and simmer for an additional 5 minutes.
7. Season with salt and pepper. Remove bay leaves, if used, and serve.

Adapted from: eatfresh.org/recipe/soups/minestrone/



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Canned Carrot Tips

- Canned carrots are a great item to keep on hand for quick meals and can be used to replace fresh carrots with most recipes.
- Drain and rinse carrots to reduce the sodium content.
- For roasting or frying, patting the carrots dry can help achieve a better texture.
- Canned carrots can taste bland; try these tips to add flavor:
 - Add a little sweetener, such as maple syrup, brown sugar or honey. A dash of salt and pepper can balance the sweetness.
 - Sauté with butter, olive oil, garlic, herbs or lightly browned onions.
 - Add spices such as cinnamon, curry powder or smoked paprika; or add a splash of lemon juice or orange zest.
- Roasting enhances sweetness and creates a crispy exterior. Toss with oil, salt, pepper and herbs before roasting.
- Top carrots with toasted breadcrumbs or chopped nuts, such as pecans or walnuts, for extra crunch.
- When making soup or stew, add canned carrots toward the end of cooking since they are already precooked. This helps them absorb the flavors without getting overly mushy.
- Canned carrots are already tender. Avoid excessive stirring when heating to prevent them from becoming too soft or falling apart.