

Mushroom Braised Carrots

Makes: 6 servings



Total Time: 90 minutes

Ingredients:

- ½ pound pearl onions, peeled and cooked until soft
- 2 Tbsp. D'Avolio Wild Mushroom and Sage Infused Oil
- 4 extra large carrots, peeled and cut in half
- 1 cup dry red wine
- 1 tsp. curry powder
- 1 ½ cup mushroom broth
- ½ cup fresh parsley
- 2 tsp. fresh lemon juice
- Salt and pepper to taste

PREPARATION

1. **Preheat oven to 350 degrees.** In large, ovenproof skillet, heat 1 Tbsp. of D'Avolio Wild Mushroom and Sage Infused Oil over medium heat. Add carrots in a single layer and cook, turning to brown on all sides, about 5 minutes per side. Add onions and sprinkle with curry powder. Cook, stirring, until fragrant, about 1 minute.
2. **Add wine to carrots** and simmer over medium high heat for about 3 minutes. Add mushroom broth and dried mushroom powder. Bring to a boil, then carefully transfer skillet to the oven. Braise carrots for about 1 to 1 ½ hours until carrots are soft, turning once or twice during cooking.
3. **In a small bowl,** dress parsley with lemon juice and remaining oil. Toss to coat, sprinkle with salt and pepper.

To serve, spoon sauce over carrots and sprinkle with parsley. Serve as a vegetarian entrée, or hearty side. The sauce is also a great alternative to gravy on meat or potato dishes.

Nutrition: 90 calories; 4g fat (3g saturated fat); 9g carbohydrates; 5g protein; 2g fiber; 135mg sodium