

Carrots with Tomatoes and Macaroni

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 **tablespoon** olive oil
- 1 onion (small, chopped)
- 4 plum tomatoes (chopped, from a can)
- 1/2 **cup** tomato juice (from a can)
- 6 carrot (large, peeled and sliced)
- 1/4 **teaspoon** salt
- 1/4 **teaspoon** black pepper
- 1/4 **teaspoon** sugar
- 2 **tablespoons** fresh parsley (chopped, or 1 teaspoon dried)
- 1 **teaspoon** butter
- 1 **cup** elbow macaroni, cooked

Directions

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.
3. Stir in the parsley. Mix the butter with the cooked elbows. Stir in the carrot mixture and serve.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	163	
Total Fat	5 g	8%
Protein	4 g	
Carbohydrates	27 g	9%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	314 mg	10%

MyPlate Food Groups

Vegetables	1 1/2 cups
Grains	1/2 cup