

# Carrot Supreme

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

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## Ingredients

Carrots peeled and diced into 2 cm cubes.....	½ Kg
Oil.....	2 Tbsp
Black mustard seeds.....	1 Tsp
Urad dal.....	1 Tsp
Dried red chilies.....	2
Turmeric powder.....	½ Tsp
Salt.....	1 Tsp
Sugar.....	¾ Tsp
Coconut grated.....	¼ C

## Preparation :

- 1) Heat oil in a pan over moderate heat; drop in the mustard seeds, when they crackle, add urad dal, chilies and sauté for a moment. Add the carrots, turmeric and salt. Combine well.
- 2) Cover and cook over low heat until the carrots are soft but still retain their shape. Stir occasionally to ensure that the carrots don't stick to the bottom of the pan.
- 3) Lastly add the coconut and sugar and cook for another 2 minutes. Take off from heat and serve hot or warm.

**Serves:** Four-Five

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