

Carrot Casserole

Recipe By *Brynie Greisman*



Cooking and Prep:  45
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Serves:  8

Contains:     

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian,

Low Fat

Source: Family Table by

Mishpacha Magazine

Whenever I serve this casserole, I receive lots of compliments. It is reminiscent of sweet, glazed carrots with a little more punch and crunch to it. It can be made with sweet potatoes too, or half-and-half. It's yummy either way.

Carrots are loaded with fiber, vitamin A, some vitamin C, and beta carotene.

“Tachlis” – this means they promote eye health, protect your heart, prevent constipation, combat cancer and promote weight loss. So, if you don't have time to make this kugel, at least go nosh on a carrot or two!

Ingredients (11)

Main ingredients

- 2 pounds (1 kilogram) medium carrots, cooked and mashed (see note)
- 1/2 cup **Gefen Soy Milk**
- 1/4 cup sugar

- 1/4 cup oil or melted margarine
- 2 eggs, beaten
- 1 teaspoon **Gefen Vanilla Extract**

Topping

- 1/3 cup brown sugar
 - 1/3 cup flour (**Shibolim Whole Wheat Flour** is fine)
 - 2 tablespoons cold margarine or 2 scant tablespoons oil
 - 1/2 – 2/3 cup chopped pecans
 - 1/2 – 2/3 cup flaked coconut
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Start Cooking

Make the Carrot Casserole

1. Combine carrots, soy milk, sugar, oil, eggs, and vanilla. Place in a medium-sized Pyrex dish (9-inch square is good; round is also good).
2. Combine brown sugar and flour; cut in margarine until crumbly. Alternately, mix in oil gently with a fork. Stir in nuts and coconut. Sprinkle over carrot mixture. Bake, uncovered, at 350 degrees Fahrenheit (180 degrees Celsius) for 30 minutes or until heated through.

Note:

I prefer mashing the carrots with a good old fashioned potato masher and not making it too mushy. I like to be able to bite into something and not have to endure the texture of baby food!

Tip:

- This is a great kugel to serve Shabbos by day as it's equally delicious served hot or room temperature.
- This freezes well. I recommend defrosting it in the oven on a lower temperature, and then raising the temperature after approximately half an hour to 350 degrees Fahrenheit (180 degrees Celsius) until it's completely defrosted and warmed. This will prevent it from becoming watery.