

Seasonal Eating



Carrot Soufflé

- 7 cups chopped carrots
- 2/3 cup sugar
- 1/4 cup sour cream
- 3 tablespoons flour
- 2 tablespoons butter, melted
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 + 1/8 teaspoon salt
- 3 large eggs, lightly beaten
- Cooking spray
- 1 teaspoon powdered sugar

Cook carrots in boiling water 15 minutes or until very tender; drain. Place in a food processor and process until smooth. Add sugar, sour cream, flour, butter, baking powder, vanilla, salt and eggs. Pulse to combine. Pour mixture into a 2-quart baking dish coated with cooking spray. Bake at 350 degrees for 50 minutes or until puffed and set. Sprinkle with powdered sugar.