

Carrot Souffle

From – simplyrecipes.com

2 lbs carrots, peeled, sliced into 1/2" rounds
salt for salting cooking water
1 cup whole milk
1 cup saltine cracker crumbs
3/4 cup grated sharp cheddar cheese
1/3 cup minced onion
1 Tbsp unsalted butter, room temperature
1 tsp kosher salt
1/8 tsp cayenne
1/4 tsp black pepper
3 large eggs

- Preheat oven to 350 degrees.
- Butter a 2-quart baking dish and set aside.
- Place carrots in a saucepan and cover with an inch of water.
- Add about 1 tsp of salt to the water.
- Bring to a boil and cook for about 10 minutes, or until the carrots are tender.
- Strain the carrots and puree in a food processor or with an immersion blender.
- Place carrot puree in a large bowl.
- Slowly add in the milk, a little at a time, whisking after each addition so that the mixture stays smooth, not lumpy.
- Mix in the saltine cracker crumbs, grated cheese, onion, butter, kosher salt, cayenne and black pepper.
- In a separate bowl, whip up the eggs until frothy.
- Then whisk them into the carrot puree mixture.
- Transfer the mixture into the prepared baking dish.
- Bake for 40 to 45 minutes, until puffed up a bit and lightly golden.



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