

Sweet and Sour Carrot Salad (Make the night before so it can marinate.)

2 lbs carrots
1- 10 3/4 oz can condensed tomato soup
1/2 cup sugar
1/4 cup vinegar
1 t salt
pepper to taste
1/4 t prepared mustard (jar of mustard)
1 t Worcester sauce
1/4 c oil
1/4 cup diced onion
1 diced green pepper

Slice carrots using food processor and cook until tender, do not overcook. Drain and add remaining ingredients while carrots are warm. Refrigerate covered overnight allowing carrots to marinate. Serve cold or room temperature. Serves 15- 20 people.

Note: If you buy organic carrots, you can clean them well and skip peeling them. Many vitamins are in the skin and just beneath the skin. If you buy non-organic carrots peeling them may be a good idea because the highest concentration of pesticides is near the surface.