

## **Carrot Puree**

### **Ingredients:**

1# Medium Diced Organic Carrots  
2T Butter made from Cows not treated with RbST  
1c Water  
1t Kosher Salt (optional)  
1 Small Sauce Pot with Lid  
1 Small Mixing Bowl  
1 Fork or Food Processor or Blender

### **Instructions:**

Over Medium Heat add the butter into the saucepot, and gently melt it, make sure it does not brown. Then add the carrots and water, cover with the lid. Let the carrots steam for about 20 or so minutes, or until tender. Stir the carrots occasionally, about ever 3-4 minutes and keep covered. Once the carrots are soft strain the water out and put the carrots in the mixing bowl or food processor or blender.

To mash the carrots by hand, put the carrots in a mixing bowl and mash with a fork until the carrots are super smooth.

To blend in a blender, just pulse until smooth.

To puree in a food processor, pulse until smooth.