

Maple Glazed Carrots

Serves: 4

Total Time: 30 min

Supplies

- 1 chef's knife
- 1 cutting board
- 1 large skillet
- 1 stirring spoon
- 1 vegetable peeler, optional

Ingredients

- 1 lb carrots, peeled and chopped into 2 inch pieces
- 2 tbsp unsalted butter
- 2 tbsp maple syrup
- ½ tsp salt
- ¼ tsp black pepper
- ½ tsp thyme leaves
- 1 pinch red pepper flakes

Instructions

- Peel and chop carrots
- In a large skillet over medium heat, add the butter and melt completely
- Add the carrots to the melted butter in the skillet and sauté for 5 minutes
- Stir in maple syrup, salt, black pepper, and thyme leaves. Mix well to make sure carrots are coated
- Reduce heat to low and cover the skillet with a lid. Let the carrots cook for 10-12 minutes, stirring occasionally.
- After the carrots are tender, remove the lid and cook for an additional 2-3 minutes, stirring frequently
- Sprinkle a pinch of red pepper flakes over the carrots
- Serve and enjoy!