

# Carrots & Beans au Gratin

(Frances Evans)



Serves 6

## Ingredients

- 6 Lg. Carrots - Cut in lengths approx 3"
- $\frac{3}{4}$  C. Boiling Water
- $\frac{3}{4}$  Tsp. Salt +  $\frac{1}{2}$  Tsp.
- 10 Oz. Pkg Frozen Cut Green Beans
- 2 Tbsp. Butter + 2 Tbsp.
- 2 Tbsp. Flour
- $\frac{1}{2}$  Tsp. Dry Mustard
- $\frac{1}{8}$  Tsp. Pepper
- $\frac{1}{2}$  C. Milk
- $\frac{1}{2}$  C. Grated Cheddar Cheese
- $\frac{1}{2}$  C. Dry Breadcrumbs

## Method

1. Cook carrots in boiling water with  $\frac{3}{4}$  Tsp salt for 5 minutes
2. Add beans and cook till tender, approx 5 minutes then drain.
3. Melt 2 Tbsp of butter in a saucepan while the veggies are cooking.
4. Sprinkle in flour, mustard,  $\frac{1}{2}$  Tsp salt & pepper; stir to blend
5. Remove from heat, add milk all at once - stir to blend.
6. Return to moderate heat, stirring constantly until boiling, thickened & smooth.
7. Add cheese and stir till melted.
8. Butter a shallow dish ( 10 x 7 x 2), and pour in hot vegetables followed by the sauce mixture over top.
9. Combine remaining butter & bread crumbs, mix lightly with a fork and sprinkle over top.
10. Slip under the broiler until golden brown - be careful not to overcook. Serve hot immediately.