

Easy Breezy Carrots Or Beets

Submitted by Teresa G.

Instructions:

Place butter, a tablespoon or two into your instant pot.....melt it somewhat, Peel and cut up your carrots, add a 1/4 tsp baking soda, stir. Pressure cook for about 4 minutes

You end up with delicious caramelized carrots.

You can prepare beets the same way.....pressure cook them slightly (water in pressure cooker), run under cold water, the peel then just slides off, slice them and then proceed as with the carrots.

So nutritious and delicious.