Glazed carrots

Ingredients

1 lb (450g) carrots, peeled and sliced into rounds or sticks

2 tablespoons butter

2 tablespoons brown sugar

1/2 cup vegetable or chicken broth or water

Salt and pepper to taste

Chopped fresh parsley for garnish (optional)

Instructions:

1. Place the peeled and sliced carrots in a saucepan or a skillet.

2. Add the butter and brown sugar to the carrots.

3. Over medium heat, cook the carrots, butter, and sugar for about 5-7 minutes, stirring occasionally. You want the sugar and butter to melt and coat the carrots.

4. Pour in the vegetable or chicken broth, which will help to create a flavourful glaze for the carrots.

5. Reduce the heat to low, cover the saucepan or skillet, and simmer for about 10-15 minutes, or until the carrots are tender and the liquid has reduced, creating a glossy glaze.

6. Season the glazed carrots with salt and pepper to taste. If desired, garnish with chopped fresh parsley for a burst of colour and flavour.

7. Transfer the glazed carrots to a serving dish and serve hot as a delightful side dish.