

Quick and Easy: The Fastest Way to Cook Carrots

Looking for a quick, simple, and healthy way to cook delicious carrots? Try this easy Sautéed Carrots recipe! These carrots are perfectly tender and offer a delightful balance of sweet

STEP

1

Carrots

Carrots are packed with vitamin A and potassium. For this recipe, you'll need 2 pounds, which makes 6 servings—perfect for meal prep. Adjust the quantity based on your needs.

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2

Unsalted Butter

Using about ½ tablespoon of butter or coconut oil per pound of carrots gives them a delicious flavor.

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3

Herbs

Use whatever herbs you have on hand. Adding a tablespoon or two will add freshness and enhance the flavor of the carrots.

How do you soften carrots quickly?

Steaming vegetables in the microwave efficiently soften them quickly, requiring no pots or pans. This recipe is not only straightforward but also highly customizable, allowing you to season your carrots to your liking.

How to Cook Carrots in the Microwave

Place 1 pound of carrots in a microwave-safe casserole dish with 2 tablespoons of water. Microwave, covered, on 100% power (high) until crisp-tender, stirring once. Cooking times may vary depending on how the carrots are cut:

- 6 to 9 minutes for ¼-inch slices
- 5 to 7 minutes for ¼-inch strips
- 7 to 9 minutes for baby carrots

Boiling or steaming carrots are popular stovetop methods that take just minutes and don't require turning on an oven. Here's how to successfully do both.

How to Boil Carrots:

- Cook 1 pound of carrots, covered, in a small amount of boiling salted water until crisp-tender.
- Here's how long to cook carrots on the stovetop depending on how they're cut:
 - 7 to 9 minutes for ¼-inch slices
 - 4 to 6 minutes for strips
 - 8 to 10 minutes for baby carrots
- Drain the carrots and season to taste with salt and pepper. Optionally, add butter and honey to the cooked carrots by stirring until the butter is melted and the carrots are glazed. Try boiling carrots in this glazed carrots with pistachios recipe.

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