

Featuring Tennessee Gourmet® Products

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Spiced Carrots

1 pound baby carrots, cooked	1/4 tsp. ground cinnamon
1/4 cup Tennessee Gourmet® Scotch Bonnet Pepper Jelly (your choice of flavor)	1/8 tsp. salt
2 Tbsp. Water, divided	1/8 tsp. ground nutmeg
1 tsp. brown sugar	Fresh ground pepper to taste
1 Tbsp. Unsalted butter	1/2 Tbsp. corn starch

Combine the jelly, 1 tablespoon water, brown sugar, butter and seasonings in a 3 quart sauce pan and bring to a slow boil, making sure to dissolve the brown sugar and completely melting the jelly.

Combine cornstarch and remaining water until smooth; and cook until thickened. Add cooked carrots and heat through.