**​SAUTEED CARROTS & SHALLOTS WITH THYME**

**Ingredients:**

* 10-12 medium carrots, peeled
* 2 large shallots
* 1 cup chicken broth
* 2 tablespoons grass fed butter or ghee
* 1-2 tablespoons fresh thyme, chopped
* 1/2 teaspoon sea salt
* pepper to taste

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**Directions:**

1. Slice off the ends of the peeled carrots. Slice each carrot at an angle into 2-3 pieces. Slice each piece lengthwise. Place carrots in a high-sided skillet.
2. Chop off the ends of the shallots and slice them lengthwise.
3. Add the shallots to the pan.
4. Add 1 cup chicken broth.
5. Turn the heat up to high until the mixture reaches a boil, then reduce heat to medium. Cover but leave the lid slightly open so that steam can vent out. Cook for 6-8 minutes, or until the carrots are crisp-tender.
6. Remove the lid and continue cooking until all the liquid has cooked off.
7. Add 2 tablespoons butter and 1-2 tablespoons fresh thyme.
8. Season with sea salt and pepper to taste.
9. Cook for another 5 minutes or till brown spots appear on some of the shallots.

Serve hot!