

Food for the Body, Food for the Soul
Family Favorite Recipes from the St. Lad's Faith Community

*Our Dear Heavenly Father, we thank You for this food.
Feed our souls on the bread of life and
help us to do our part in kind words and loving deeds.
We ask in Jesus' name. Amen.*

Carrot Salad

From the Kitchen of Patty Cleary

Great for large gatherings. Graduation party favorite.

2 lbs carrots - sliced; peeled and sliced so that they are round not in strips
1 green pepper - chopped
1-2 sweet onions chopped
3/4 vegetable oil
1 can tomato soup
6 TBSP sugar
6 TBSP apple cider vinegar

Steam sliced carrots until tender. Then add all the other ingredients. Refrigerate 24 hours prior to serving.