



### Ingredients:

1 lb frozen carrots and peas  
2 tbsp butter  
1 tbsp flour  
1/2 cup water  
salt and pepper to taste  
pinch of sugar (optional)

### Directions:

Melt the butter in a medium saucepan. Add carrots peas and water. Bring to boil and cook until vegetables are soft (about 10 minutes)

In a separate bowl mix 1 tbsp flour with water and stir until smooth and creamy. Add pinch of salt, pepper and sugar (optional).

Turn the heat to low and add mixed flour and water. Stir until bubbly. Simmer for a minute and serve.