**Carrot Casserole**

1 ½ cups water

1 pound carrots shredded

2/3 cup brown rice

2 cups shredded cheddar cheese

1 cup milk

2 eggs beaten

1 Tablespoon minced onioin

Dash black pepper

Bring water, carrots, and rice to a boil. Cover and simmer 25 minutes. Stir in 1 ½ cups of the shredded cheese, milk, eggs, onion, and pepper. Place all in casserole dish. Bake at 350 degrees, uncovered for one hour. Top with remaining cheese. Bake 2 minutes to melt cheese.

(Recipe from *More than Beans and Cornbread: Traditional West Virginia Cooking* by Barbara Beury McCallum.)