



Caramelized Rutabaga

4-6 servings

INGREDIENTS

- 3 cups rutabaga, peeled and cut into cubes (~4 rutabagas)
- 1/4 cup water
- 1 Tbsp butter or 2 1/4 tsp oil (or more as needed)
- 2 Tbsp maple syrup, honey, or sugar
- 1 tsp salt
- 1/2 tsp pepper
- Optional: 1/2 cup chicken or veggie broth

DIRECTIONS

1. Put peeled and chopped Rutabagas into a pan with water (and broth) over medium heat.
2. Simmer until water has evaporated and rutabagas are soft (about 15 minutes).
3. Stir the butter or oil in until melted then add maple syrup (or other sweetener), salt, and pepper.
4. Cook on low heat for another 5 minutes until rutabagas are coated.
5. Serve hot and enjoy!



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