



Roasted Root Veggies

4-6 servings

INGREDIENTS

- 4 Cups mixed roasted roots (a combination of fresh carrots, beets, parsnips, potatoes etc.)
- 1 tsp salt
- Pepper to taste
- 3 Tbsp olive oil
- 1 onion (optional)
- 2 cloves garlic (optional)
- Thyme and oregano (optional)

DIRECTIONS

1. Heat oven to 400o F
2. Dice roots into small, even pieces. Place in bowl and toss with oil, salt, pepper and any of the optional ingredients, if desired.
3. Spread roots out on a baking sheet or dish
4. Roast in the oven for 35- 45 minutes until all roots are soft and browned.
5. **Tip:** These roots make a great base for a soup or stew, just add to sautéed onions, ground beef or beans and simmer in water, chicken or vegetable stock until tender.



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