



Savory Roasted Rooted Vegetables

SERVINGS:4

PREPPING TIME: 15-20 MIN

COOKING TIME: 30-45 MIN

Ingredients

Vegetables:

- 2 cups rainbow carrots, peeled and diced
- 2 cups sweet potatoes, peeled and diced
- 2 cups potatoes (Yukon gold or red), peeled and diced
- 1 cup parsnips, peeled and diced
- 1 cup beets, peeled and diced (red or golden)
- 2 cups Brussels sprouts, halved
- 1 large onion, diced

Seasoning:

- 4 tablespoons olive oil
- 1 tablespoon Herbes de Provence
- 3 cloves garlic, minced
- 1 teaspoon sea salt (or to taste)
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- ground black pepper (to taste)

Directions

1. Preheat the Oven:

Preheat your oven to 425°F (220°C).

2. Prepare the Cut Washed Vegetables:

In a large mixing bowl, combine the diced rainbow carrots, sweet potatoes, potatoes, parsnips, beets, Brussels sprouts, and onions.

3. Season the Vegetables:

In a small bowl, whisk together the olive oil, minced garlic, Herbes de Provence, sea salt, smoked paprika, onion powder, and black pepper. Pour this mixture over the vegetables and toss until everything is evenly coated.

4. Roast the Vegetables:

Spread the seasoned vegetable mixture in a single layer on a large baking sheet. Make sure they are not overcrowded to ensure even roasting.

5. Bake:

Roast in the preheated oven for about 30-35 minutes, or until the vegetables are tender and caramelized, stirring halfway through for even cooking. Keep an eye on them toward the end to prevent burning.

6. Serve:

Once the vegetables are roasted, remove them from the oven and let them cool for a few minutes. Serve warm as a hearty side dish or as a main dish



Executive Chef Jeff Johnson
3J's Catering
3jscatering.com
571-373-7607

