



Roasted Root Vegetables

NIBBLEDISH CONTRIBUTOR

Ingredients

3 carrots
2 parsnips
1 yellow onion
1 head of garlic
1/2 head of cauliflower
olive oil
Salt and Pepper

Instructions

This is such a simple and delicious recipe that can be used for many things. After roasting these, (I, of course, ate a few), then I made a broth out of them (by adding some other ingredients), and then I pureed the solids left from the stock.

I will admit though, I preferred the vegetables just simply roasted. If I hadn't needed the broth, I would have just eaten them as is!

Chop the vegetables into bite sized pieces (not too big, not too small). Keep the garlic whole, but cut the very top off to expose the tips of the cloves.

Evenly distribute the vegetables on a baking sheet and place the garlic in the middle. Lightly coat with olive oil, salt and pepper. Toss to coat evenly.

Roast vegetables on the middle rack at 400 degrees for about 30 minutes or until slightly browned.

Serve as a side, rustic main dish, or follow my broth recipe. Enjoy!