

ROASTED BEETS, BRUSSEL SPROUTS & CARROTS

INGREDIENTS

- 4** Beets (medium)
- 3 T** Olive oil (divided)
- 1 1/2 lb** Carrots (cut stem) (peel) (cut into 1" pieces)
- 1 1/2 lbs** Brussel sprouts (cut off end) (cut in 1/2 lengthwise)
- 8 cloves** Garlic (large) (peeled)
- 1/2 t** Salt
- 1/4 t** Black pepper
- 1 T** Thyme leaves (chopped)



DIRECTIONS

- 1** Pre-heat the oven to 375 F
- 2** Put the beets into a small baking dish & rub them with 1T of olive oil
- 3** Cover the dish with foil & cook in the oven (30 minutes)
- 4** Put the carrots, brussels sprouts & garlic cloves into a large baking dish & toss with 2 T olive oil
- 5** Sprinkle with salt & pepper
- 6** After the beets have been cooking for 30 minutes, place the vegetable dish in the oven
- 7** Cook both dishes for an hour stirring the vegetable mix once or twice
- 8** When you remove the beets from the oven, place them on a cutting board to cool
- 9** Stir the thyme into the vegetable mix & put it back in the oven to cook another 10 minutes
- 10** When the beets are cool enough to handle (5 minutes), peel them & cut them into 1-inch pieces
- 11** Remove vegetables from the oven & toss with the beets
- 12** Taste to see if you require more salt & pepper