

# ROOT VEGETABLE MIX

## INGREDIENTS

- 6 Onions (chopped)
- 4 Red peppers (chopped)
- 4 T Extra virgin olive oil (divided)
- 4 Beets (medium) (cut off ends) (peeled) (sliced in small rounds)
- 4 Sweet Potatoes (medium) (sliced in small pieces)
- 1 Carrot (cut in circles)
- Salt & garlic pepper
- Non-stick cooking spray
- Garlic spray

## DIRECTIONS

- 1 Spray 2 saute pans with non-stick cooking spray & garlic spray
- 2 Add 2 T of olive oil to each saute pan
- 3 At a medium-high heat, saute the onions in one pan & the peppers in another
- 4 The onions are done when they're golden/brown
- 5 The peppers will take less time to become wilted & it's ok if some of them are lightly blackened
- 6 Place the sauteed onions & peppers in a bowl & mix thoroughly
- 7 Pre-heat oven to 350 F
- 8 Spray a 8 x 8 pyrex dish with the non-stick cooking spray
- 9 Place a layer of sauteed onions & peppers on the bottom of the dish
- 10 Add a layer of beets pieces & then sprinkle with salt & garlic pepper
- 11 Add another layer of sauteed onions & peppers
- 12 Add a layer of sweet potato pieces & then sprinkle with salt & garlic pepper
- 13 Add another layer of sauteed onions & peppers
- 14 Add a layer of carrot circles & then sprinkle with salt & garlic pepper
- 15 Repeat the process with the remaining beets & sweet potatoes
- 16 Bake for 1 hour covered & 1 hour uncovered
- 17 Do not serve in the baking dish
- 18 Instead scoop out the mix & serve in a bowl

## NOTES

You sort of have to 'play it be ear' with the amounts of beets & sweet potatoes

