

Roasted root vegetables

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Ingredients:

1lb (1 bag) carrots
1lb turnip roots
1lb rutabaga
1lb parsnips
2 medium beets
3 sweet potatoes
1 very large or two small red onions
¼ cup olive oil
1 tbsp cumin
1 tbsp cinnamon
1 tsp nutmeg
Pinch of brown sugar
6 cloves of whole (peeled) garlic
¼ cup red wine
Salt and pepper to taste

Instructions:

Wash and peel vegetables and cut into 1 inch cubes. Place cubed vegetables in a roasting dish (stoneware works exceptionally well but Pyrex or stainless steel will be just fine).

Coat vegetables with (up to) ¼ cup of olive oil. Sprinkle salt, pepper and other spices and sprinkle with a slight dusting of brown sugar—just a pinch. Ensure all cubes are coated with oil and spices and add red wine to the mixture and bake in a 350-400 degree oven until you are able to cut with a fork—around 2-3 hours.

Be sure to stir/turn the vegetables while cooking.