

Pot Roast Meal

Pan Roasted Carrots and Parsnips

INGREDIENTS

- 2 pounds Baby Carrots
- 2 pounds Parsnips
- ¼ cup Extra-Virgin Olive Oil
- Sea Salt
- Freshly ground Black Pepper

PREPARATION

- The Parsnips should be peeled and cut into small pieces no longer than ½ in length.
- Put Olive Oil into skillet and place on stove over medium heat. Place the Parsnips and Carrots into the pan, and lightly Salt and Pepper. Roast over medium heat for 30 minutes, stirring a few times, until tender and lightly caramelized in spots.
- Serve warm.

SERVES 6 to 8.