



# Hearty Roasted Root Vegetables

24

60 Servings

## Ingredients

Five pounds parsnips, peeled and cut into 2x½ inch pieces

Five pounds rutabaga, peeled and cut into 2x½ inch pieces

Five pounds carrots, peeled and cut into 2x½ inch pieces

¾ teaspoon salt

¼ cup dried basil

1 ¼ cups vegetable oil

1 ¼ cups chopped fresh parsley

Salt and ground black pepper to taste

## Directions

1. Place the rutabaga in a pan and cover with water. Add ¼ teaspoon of salt. Bring to a boil, reduce heat to medium, cover, and simmer until tender and easily pierced with a fork, about five minutes. Drain well and cool completely. Repeat steps to cook the parsnips and carrots.
2. Place completely cooled vegetables in resealable freezer bags. Refrigerate for one to two days, or freeze up to one month. To thaw the vegetables, refrigerate overnight and drain.
3. Preheat oven to 425 degrees F (220 degrees C).
4. Pour the vegetable oil into a rimmed baking dish. Place the vegetables into a large mixing bowl and toss with the basil, salt and pepper. Place the pan in preheated oven to heat for five minutes. Add the vegetables and toss to coat with the oil.
5. Roast vegetables in preheated oven, turning every 10 minutes, until tender and golden brown, about 30 minutes. Sprinkle with parsley before serving.

## Nutritional Information

Calories: 34

Protein: 1.9 g

Fat: 1.9 g

Carbohydrate: 2.5 g

Cholesterol: 46 mg

Sodium: 232 mg