

Pan Roasted Root Veggies

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makes 6-8 servings

- * 3 Tbsp olive oil
- * 4 small-medium parsnips (about 230 grams or 8 oz.), peeled and sliced 1/4" thick
- * 6 small-medium carrots (about 290 grams or 10 oz.), peeled and sliced 1/4" thick
- * 1 medium red bell pepper (about 200 grams, or 7 oz.), seeded and cored, in 1/4" dice
- * 1/2 tsp sea salt
- * 1 tsp dried parsley

In a medium saucepan, heat olive oil over medium heat. Add parsnips and carrots. Sauté until about half of them have noticeably brown edges (about 5-10 minutes).

Add red bell pepper, salt, and parsley. Stir, and turn heat down very low. Do not add any liquid. Cook over very low heat for 30 minutes to an hour, stirring infrequently, until vegetables are very tender.