

# BC Braised Root Vegetables



Makes 4 servings

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### Ingredients:

2 tbsp	Olive Oil or melted butter	30 ml
1 lb	Carrots, Parsnips, Red Potatoes, Turnips or other root vegetable, cut into chunks	454 g
1/2 cup	Vegetable Stock, low sodium	125 ml
	Salt and Pepper, to taste	
	Lemon juice, to taste	
	Parsely, chopped (optional garnish)	

### Preparation:

1. In a sauce pan, combine the first 3 ingredients and lightly season with pepper and salt. Bring to a boil, and then reduce to a simmer and cover. Cook until the root vegetables are tender.
2. Add extra vegetable broth if it all evaporates to prevent burning.
3. Remove the lid and raise the heat to boil off most of the liquid. The vegetables will become glazed with a combination of the olive oil (or butter) and the pan juices.
4. Taste and adjust the seasoning if required. top with lemon juice and parsley.

### BC Ag Fact:

Turnips are best grown in full sun and ready to harvest 30-60 days after sowing. Turnip greens are also flavourful and nutritious.

