

Roots'n Shoots ORANGIFIED (Carrots, Parsnips & Beets with Orange Sauce)

By Angie Ouellette-Tower

<http://www.godsgrowinggarden.com/>

5 medium size beets (cook, drain and peel while still warm - then chop - see picture below)
6 large carrots (peel and slice into rounds - see picture below. Then cook until done & drain)
6 large parsnips (peel and slice into rounds - see picture below. Then cook until done & drain)
3 teaspoons cornstarch
1/3 cup plus 1 tablespoon sugar
1 1/2 teaspoons salt
white pepper (optional and amount to taste)
1 cup orange juice
2 tablespoons butter

Begin by preparing the root vegetables (peeling, slicing & cooking the beets, carrots & parsnips).

IMPORTANT NOTE: All 3 vegetables cook at a different rate so you will have to cook them separately.

Start the orange sauce when the vegetables are close to being cooked. In a medium saucepan combine the cornstarch, sugar and salt (stir with a wooden spoon until mixed). Slowly stir in the orange juice and gently mix with a whisk. Place on medium heat and continue stirring slowly until it boils and thickens. Remove from heat and stir in butter until melted.

Combine all three cooked vegetables (beets, carrots & parsnips) into a serving bowl and pour the orange glaze/sauce ovetop.

Stir, Serve & ENJOY!

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