



Creamy Fall Vegetable Bake

6 servings

1 hour

Ingredients

3 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
3 Parsnip (medium, peeled and chopped into 1/2-inch pieces)
1 Sweet Potato (peeled and chopped into 1/2-inch pieces)
1 Carrot (large, peeled and chopped into 1/2-inch pieces)
1 Yellow Onion (chopped)
1/4 cup Water
3/4 cup Canned Coconut Milk (full fat)
3 Garlic (cloves, minced)
2 tsp Nutritional Yeast
1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C)
- 2 Add the chopped vegetables to a baking dish and toss to combine.
- 3 Add the remaining ingredients to a jar with a lid and shake well. Pour the mixture over the vegetables and carefully stir to incorporate.
- 4 Cover the baking dish and bake for 45 to 50 minutes or until the vegetables are very tender.
- 5 Remove from the oven and let cool slightly before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add herbs like parsley or thyme. Use vegetable broth instead of water.

Additional Toppings: Fresh herbs, nutritional yeast or fresh ground pepper.

Vegetables: For six servings, use any combination of raw, hearty, root vegetables totaling 8 cups.

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.