

Sweets & Beets

Prep time: 20 min
Cook time: 45 – 90 min

Servings: 8 cups

4 cups fresh sweet potatoes
4 cups fresh beets
Balsamic vinegar
Extra virgin olive oil
Salt to taste
Black pepper to taste

Large baking pan
Coconut oil or butter



Directions

Prepare beets: wash thoroughly. Remove beet greens (they can be stored for later use or sautéed). Cut off the skinny root and top where the shoots come out. There is no need to peel your beets.

Grease baking pan with coconut oil, olive oil, or butter.

Slice beets and sweet potatoes into equal sized pieces. You can do 1cm cubes or thin slices like chips.

Place in the baking pan and drizzle with olive oil, balsamic vinegar salt and pepper. Stir to coat all the pieces.

Bake at 425° uncovered. Follow directions below for cook time:

- If the pan is filled half way, it will take 45-60 minutes.
- If you have filled the pan, it will take at least 90 minutes to cook.

Stir every 20 minutes and add olive oil as needed so it doesn't dry out.

You'll know when it's done cooking because the beets will no longer taste like dirt. They will taste sweet. This is well past the time when you can stick a fork into them.

By Adam Johnson