



## **Meatless Monday Pot Root Roast**

*A 1950 classic comes back with an improved and healthier style*

- 1 to 4 Tablespoons canola or coconut oil as needed
- 6 fresh medium carrots, peeled, cut into thirds
- 1 parsnip, peeled, cut into short carrot sizes
- 4 medium Yukon gold potatoes, washed, quartered
- 1 (16 ounces pkg.) Baby Bella mushrooms, cleaned, halved
- 2 onions, peeled, quartered
- 1/4 cup tomato paste
- 2 cups vegetable broth or water
- 1 envelope (1-ounce) onion soup mix
- Potatoes, small onions, carrots, parsnips as desired
- Garnish: chopped parsley or parsley sprigs

**Before Starting:** Arrange a long sheet of heavy-duty aluminum foil in 13x9-inch baking dish. Set aside. Preheat oven to 350 degrees F.

**Browning the Vegetables:** Place Tablespoon oil in hot 10-inch cast iron pan; using medium high heat, add carrots; lightly brown on all sides; transfer to the lined baking dish; repeat browning the remaining vegetables parsnips, potatoes, and mushrooms, adding oil to the skillet as needed. Add a tablespoon of oil; cook the onions until softened and browned.

**Flavor the Sauce:** Add the tomato paste to the onions in the skillet; cook stirring frequently until the color changes from bright red to red rust color. Stir in the half the broth or water and onion soup mix, deglazing the pan. Stir in remaining liquid; pour hot liquid over vegetables in baking dish.

**Roast in the Oven:** Bring long ends of foil up over vegetables; seal with double fold. Turn other ends up and seal in same way. Bake at 350 degrees F for 45 minutes; test vegetables for tenderness. Rewrap foil; return to 350-degree F oven for 15 minutes or vegetables are tender. When opening foil, be careful as the steam will be very hot. Serve in large bowl with pan juices. Sprinkle with chopped parsley. Yield: Serves 4

**Cook's Note:** If you want to add a meat element, you can use bone broth as a substitute for the vegetable broth. Also, make sure to completely enclose the vegetables securely in foil so the dish produces delicious pan juices. I used one packet of Lipton Recipe Secrets Onion Soup & Dip Mix for my recipe.

**A Note about Browning Tomato Paste:** This was a technique that I learned many years ago. It boosts the flavor, changing its aroma and taste. Your sauce will be sweeter and have a greater depth and structure.

**About this Recipe:** One of the most popular 1950 recipes featured a roasted beef pot roast in an aluminum foil covered dish that baked for about 3 hours. It was so easy to prepare and used the new dry onion soup mix. Today, I was inspired to use this technique with a pan full of fresh vegetables. I shortened the roasting time, flavored the gravy with caramelized tomato paste, and browned the vegetables. It's a perfect all-in-one dish dinner, especially great for Meatless Monday. We roasted it in the oven, but it, most likely, can be cooked in a slow cooker too.