

Oven-Ready Vegetable Casserole

Prep Time: 25 minutes Cooking Time: 25-30 minutes Makes: 8 servings

Ingredients

- 1/2 lb baby carrots
- 12 broccoli florets
- 12 cauliflower florets
- 1 medium red bell pepper, cubed
- 1 medium yellow bell pepper, cubed
- 1 cup frozen peas
- 1/2 cup chicken or vegetable stock
- 2-3 Tbsp melted butter
- Salt and pepper to taste
- 1 Tbsp. chopped fresh parsley, dill or tarragon

Method

Place the carrots in a pot and cover with a generous amount of cold water. Boil until firm-tender. When there, add the broccoli and cauliflower and cook 2 minutes more. Drain well, cool vegetables in iced cold water, and then drain well again. Arrange these vegetables and the bell peppers in a 9-inch x 13-inch casserole. Sprinkle the peas over top. Pour in the stock, drizzle with melted butter and season with salt and pepper. (At this point the casserole could be covered, stored in the fridge and baked later.) Cover and bake in a preheated 350 degrees F oven 20-25 minutes, or until vegetables are heated through. Sprinkle with chopped herb of choice and serve.