

Sunset Delight

Prep time: 10 minutes

Total time 25-30 minutes

Cook time: 15-20 minutes

Serves: 4-6

- 1 cup diced onions
- 2 cups diced carrots
- 2 cups diced beets
- ½ tsp salt
- 2 Tbls oil
- ½ tsp cinnamon-optional

Dice all vegetables & place in separate bowls.

Heat oil in large frying pan on medium heat.

Add onions & sauté 3-5 minutes or until soft.

Add beets carrots, salt & mix well.

Cover & cook vegetables until they are as soft as you like; stirring occasionally.

You could also toss all ingredients, spread out on a parchment lined cookie sheet & roast at 400 for about 50 minutes.

Enjoy!

Recipe by Julie at www.JulieGrunklee.com