

Roasted and Ready Vegetable Sauce

Betty Soup

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Yield: 4 1/2 to 5 cups

6 cups mixed vegetables
1 cup onion, coarsely
chopped
4 cloves garlic
1 tablespoon vegetable oil
3 tablespoons butter
3 tablespoons flour
3 cups vegetable broth
1/2 teaspoon Kosher salt
1/2 teaspoon cracked black
pepper
1/2 teaspoon dried herb OR
1 teaspoon fresh thyme,
oregano or dill
**CAULIFLOWER, CARROT
and DILL SAUCE**
3 cups cauliflower florets
3 cups coarsely chopped
carrots
1/2 teaspoon dill
**BROCCOLI and THYME
SAUCE**
3 cups cauliflower florets
3 cups broccoli florets
1/2 teaspoon thyme
4 cups packed fresh
spinach
**ROASTED RED PEPPER
and OREGANO SAUCE**
3 cups cauliflower florets
3 red bell peppers
1/2 teaspoon oregano

Preparation Time: 15 minutes

Preheat the oven to 425 degrees.

Arrange the vegetables, onion and garlic in a single layer on a shallow foil-lined baking pan. Drizzle with oil. Toss to coat. Roast until tender and lightly browned, about 25 minutes.

In a large saucepan over medium heat, melt the butter. Add the flour, cook and stir for 1 minute. Add the broth, roasted vegetables, salt, pepper and dried herb. Bring to a boil, stirring constantly.

Reduce the heat and simmer, covered, for 10 minutes. Cool slightly. Puree in a blender or with an immersion blender.

Serve hot over hot pasta.

OR chill, covered, up to three days, and reheat for another use.

SMART USES:

** As a sauce for baked fish: Pour the warmed sauce over the fish halfway through baking.

** As a soup: Add one additional cup of broth and 1/2 cup of whipping cream after blending.

** As a simmer sauce: Brown skinless/ boneless chicken breasts in a skillet. Add the sauce. Cover and simmer until the chicken is cooked through (165 degrees).

Roasted veggie sauces

make terrific dips for grilled cheese sandwiches. bThey also stand in nicely for marinara on a meatball or chicken Parm sub.

Per Serving (excluding unknown items): 1772 Calories; 65g Fat (32.2% calories from fat); 54g Protein; 255g Carbohydrate; Dietary Fiber; 101mg Cholesterol; 9538mg Sodium. Exchanges: Grain(Starch); 29 1/2 Vegetable; 1/2 Fat.