

Roasted Veggie

Ingredients:

Large white potato sliced

Large yam sliced

Large turnip bottom sliced

Fresh string beans ends snipped

Yellow squash sliced

Asparagus ends snipped

Virgin Olive Oil

Seasonings of choice: This is what I use:

Lemon Pepper, Black pepper, garlic powder, minced onions, Tony Chachere's Creole Seasoning etc..

Directions:

Place veggies in large container

Add 4 Tablespoons Extra Virgin Olive oil

Add seasonings

Toss to coat veggies with oil and seasonings well!

Arrange Veggies on aluminum

cookie sheet or aluminum pan

Cover tightly with foil

Bake in 350 degrees oven for approximately one and a half hours, or until veggies are tender.

Enjoy!!!

Roasted Rosemary Potatoes

Ingredients:

6-8 Small redskin potatoes cut in half

1/2 cup diced sweet onion

3 Tablespoons Extra Virgin Olive Oil

1 Tablespoon Balsamic vinegar

¼ teaspoon Tony Chachere's Creole Seasoning

¼ teaspoon black pepper

2 tablespoons of Rosemary seasonings or fresh Rosemary chopped

1 and ½ tablespoon minced garlic

Directions:

1. Preheat oven to 400 degrees

2. In a large bowl, toss all ingredients until potatoes are lightly coated with olive oil and seasoning mix.

3. Place potatoes on a baking sheet. Bake for 25 minutes. Remove potatoes from oven and turn over. Bake for another 25 minutes or until potatoes are golden and tender. **Enjoy!!**

Brown Rice Casserole

Ingredients:

1 cup Brown Rice

1 can Campbell's French Onion Soup

1 can Campbell's Beef Consomme' Soup

2 Tablespoons of Extra Virgin Olive Oil

(Please note that the soups may have a small amount of salt)

Directions:

Preheat oven to 350 degrees

Wash rice in warm water, drain and pour in a casserole dish

Add soups and olive oil

Cover tightly with foil and bake for appropriately 1 ½ hours

Let remain covered and set for ten minutes before serving. **Enjoy!!**

Red Beans and Rice

Ingredients:

1 and ½ cups red Kidney Beans soaked in cold water for two hours

½ cup each of chopped sweet onions, bell pepper (red, yellow and green)

3 Tablespoons of Extra Virgin Olive Oil

1 can of Rotel Tomatoes

Seasonings of choice (no except salt)

Directions:

Place beans in a large pot

1. Add oil and seasonings and bring to a boil. Reduce heat to low and cook for two hours.
2. Add onions, bell peppers and Rotel Tomatoes
3. Simmer on low heat for about 30 minutes or until beans are desired tender

Serve with Uncle Bens original Brown Rice. Follow package directions for cooking. **Enjoy!!**