

## **Veggie Breakfast Bake**

3 tablespoons olive oil  
1 clove garlic  
1 medium onion  
2 medium sweet potatoes  
2 large red potatoes  
2 large carrots  
1 red pepper  
1 green pepper  
1 small head of broccoli  
½ teaspoon celery seeds  
½ teaspoon crushed dry rosemary  
1 bay leaf  
1 teaspoon Spice Hunter Chili Powder Blend\*  
Salt and pepper to taste

Preheat the oven to 400°F. I have a convection oven so I use Convection Roast.

Pour the olive oil into a heavy cast iron skillet (one that's oven proof) set on medium heat. Add the garlic (smashed). Slice the onion and cut each slice into quarters. Add. Stir frequently.

Wash the remaining vegetables. I don't peel any of them.

Slice the potatoes into ¼ inch rounds and then cut each slice in half or quarters depending on their size. Add to the pan. Add the bay leaf.

It's good to stir the vegetables prior to each new addition or even more frequently to keep things cooking evenly. And, along the way add more oil if you think it's needed.

Slice the carrots (1/8 inch) on the diagonal and add.

Remove the tops and seeds from the peppers. Slice into ½ inch strips and then cut each strip into thirds. Add to the pan.

Cut up the broccoli so you have bite-sized florets. And...add to the pan. Mix it all up. Add the spices and mix thoroughly. Cook a few more minutes.

Finally, pop the pan into the oven and cook for 10-15 minutes (or until the veggies reach the desired doneness.) Serve immediately. Makes 4-6 helpings.

# *the* SENSITIVE PANTRY

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\*The label on the Spice Hunter Chili Powder blend states the ingredients are: chile pepper, onion, garlic, cocoa powder, oregano, red pepper, cumin, cinnamon, and cloves. If you can't find it make up your own blend using these or similar ingredients.