



## One Pan Dinner Special

### From the kitchen of B.J. Thompson

- 2lb eye of round roast
- 8-10 medium sized Yukon Gold potatoes
- 4 C carrots, peeled & cut into large 2-3" chunks
- 3 C sweet potatoes, peeled & cut into large 2-3" chunks
- 3 C parsnips, peeled & cut into large 2-3" chunks
- 1 large cooking onion, peeled & cut into thick circles

1. Preheat oven to 350°.
2. Place the roast on a rack in a roasting pan. Season with salt and pepper. Add 2 cups of water (or enough to cover the bottom of the pan to the bottom of the rack.)
3. Cut the potatoes into quarters (do not peel.) Spread them evenly around the outside of the roast.
4. Cover tightly and cook for one hour.
5. Remove from the oven. Spread the carrots, parsnips and sweet potatoes evenly around the pan. Lay the onions on top of the roast.
6. Cover tightly and cook for one hour.
7. Remove from the oven. Leave the lid on the pan and let the dish rest for at least 20 minutes.