

Roasted Potatoes and Carrots

350 degrees

Cut 4 potatoes and peel and cut 3 carrots. Tear a piece of foil, wide is better, put cut veggies on top, salt and pepper. Make sure there is enough foil to seal the seam well because if there is a hole/leak the veggies will not cook. Bend the long ends up to you and seal by wrapping the foil down to the veggies. At the ends roll the foil inwards and press well to seal tightly. Place on a cooking pan in case the foil leaks and to easily get into/out of the oven. Cook 45-60 minutes. Can do a second foil for parents that also has onions, bell peppers and mushrooms. Can do for sweet potatoes, too, just peel potato and cut into thin slices and season and cook as above.