



Roasted Root Vegetable Hash

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving

Calories	105 kcal
Protein	1.86 g
Carbohydrate	15.38 g
Total Fat	4.53 g
Saturated Fat	0.68 g
Cholesterol	0 mg
Vitamin A	6870.30 IU
Vitamin C	11.66 mg
Iron	1 mg
Calcium	39.35 mg
Sodium	170.29
Dietary Fiber	3.18

EQUIVALENTS: ½ cup provides ½ cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

“Mary Ann Webb at Currier Memorial School prepares recipes with after school program students. If they like a recipe, they present it at each classroom, and if it’s a success, it is put on the lunch menu. These students have taken ownership of the process.”

— BROOKE GANNON

Roasted Root Vegetable Hash • 52 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Beets	2 lb 8 oz		❶ Trim and peel beets, carrots and other root vegetables. Cut into ½-inch dice.	<i>Make a big batch of Beeman House Seasoning Blend to keep on hand. Store in an airtight container at room temperature. Use the following amounts:</i> <ul style="list-style-type: none">• ½ cup paprika• ½ cup onion powder• 1 cup ground cumin• 1 cup ground coriander• ¼ cup salt• ¼ cup garlic powder
Carrots	2 lb 8 oz			
Other root vegetables (turnips, rutabaga, celeriac and/or parsnips)	2 lb 8 oz total			
Potatoes	2 lb 8 oz		❷ Cut potatoes and sweet potatoes into ½-inch dice.	
Sweet potatoes	2 lb 8 oz			
Yellow onions	1 lb	2 medium	❸ Trim and peel onions. Cut into ¼-inch dice.	
			❹ Preheat convection oven to 425°F.	
Water		3 qt	❺ Bring water to a boil in a 4 quart stockpot. Add beets and cook until you can just pierce them with a fork (but they are not fully tender), 12 to 15 minutes. Drain and transfer to a large bowl.	
Ground coriander		5 Tblsp + 1 tsp	❻ Meanwhile, mix coriander, cumin, onion powder, paprika, garlic powder and salt in a small bowl.	
Ground cumin		5 Tblsp + 1 tsp		
Onion powder		2 Tblsp + 1 tsp		
Paprika		2 Tblsp + 1 tsp		
Garlic powder		1 Tblsp + ½ tsp		
Kosher salt		1 Tblsp + ½ tsp		
Vegetable oil		1 cup	❼ Add the carrots, potatoes, sweet potatoes, other root vegetables, onions and oil to the beets. Sprinkle with the spice mixture and stir to coat. Divide between 2 full sheet pans and spread evenly. Roast, stirring once, until the vegetables are fork tender and beginning to brown and crisp on the edges, 40 to 45 minutes.	