

Thanksgiving Veggie Roast (oil-free + vegan)

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-pumpkin-bread-recipe>

Ingredients:

- 3 sweet potatoes small, roughly 2-3 cups cubed
- 3 cups brussel sprouts halved
- 3 cups button mushrooms halved
- 1/2 red onion chopped
- 3 cloves garlic
- 5 sage leaves
- 2 sprigs rosemary
- 2 sprigs thyme
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- balsamic vinegar to taste
- salt
- pepper
- green beans
- potatoes white
- carrots
- pumpkin
- parsnips
- eggplant

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 37 grams
3. Fat: 0.5 grams
4. Fiber: 10 grams
5. Protein: 7 grams
6. Sodium: 210 milligrams

7. Sugar: 8 grams

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