

Filipino Adobo with Root Vegetables

Ingredients:

1 large rutabaga, large dice
2 large turnips, large dice
4 medium size parsnips, medium diced
1½ cups coconut milk
½ cup of tamari
¼ cup rice wine vinegar
6-8 red Thai chilies, fresh or frozen
½ whole black peppercorns
3 bay leaves
3 cups cooked jasmine rice
3 thinly sliced scallion
Fresh cilantro

Directions:

1. In a large bowl or a resealable bag add coconut milk, tamari, rice wine vinegar, chilies, black peppercorns and bay leaves. Add rutabaga, turnips, and parsnips to adobo mixture and refrigerate for 12-24 hours.
2. Preheat oven to 400F.
3. In a large pot place all the marinade and vegetable and cook until tender about 25-30 minutes.
4. Cook rice according to package directions.
5. Remove vegetable from the hot marinade and place onto a sheet pan and place in oven for 10-15 minutes or until they are lightly roasted.
6. While the rutabaga, turnips and parsnips roast, strain the chilies, bay leaves, and black peppercorns into another pot and reduce sauce by ½ until it becomes slightly thickened.
7. Place rice in a serving bowl add roasted root vegetables then add sauce to root vegetables and top with scallions and cilantro sprigs.



Nutrition Facts



½ cup
136g



Calories	80 kcal	4%
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	4960 mg	207%
Total Carbs	8 g	3%
Fiber	0 g	0%
Sugars	0 g	0%
Protein	16 g	32%