



SLOW COOKER MADNESS CARROTS AND POTATOES

(V, DF, GF)

INGREDIENTS

Ingredients:

- 12 gold potatoes, rinsed and cubed
- 1-2 bunches of carrots, rinsed and cut in half and then into 3-4 inch pieces
- 1/4 cup olive oil
- 1/4 cup water
- 1/4 cup fresh rosemary sprigs, chopped (or your favorite fresh herb like dill or thyme)
- 1/2 teaspoon sea salt and pepper for seasoning

DIRECTIONS

How-to:

1. *Rinse and cut the potatoes and carrots. Chop the fresh rosemary.*
2. *Place all ingredients into a slow cooker*
3. *Cook on high heat 4 hours or low heat for 8 hours*
4. *Serve on plates or in bowls when done, seasoning with extra salt and pepper if needed, eat and enjoy!*

Tips and Tricks:

- *I found my ingredients at Whole Foods but the ingredients could be found at most grocery stores and online*
- *Store leftovers in a sealed container in the fridge*
- *Serve in bowls topped with a cooked egg for a filling complete meal.*

PREP TIME: 10 MIN

COOK TIME: 4-8 HOURS

TOTAL TIME: VARIES

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