

## Vegetable-Bacon Casserole

Yield: 10 servings

### Ingredients:

7 cups canned fat-free chicken broth  
3 pounds russet potatoes, peeled, cut into 1½-inch cubes  
1½ pounds rutabagas, peeled, cut into ½-inch cubes  
1¼ pounds parsnips, peeled, cut into 1½-inch cubes  
8 garlic cloves  
1 bay leaf  
1 teaspoon dried thyme  
¼ cup butter  
2 tablespoons Worcestershire sauce  
salt and white pepper to taste  
¾ cup crumbled bacon, crisply cooked  
3 large onions, coarsely chopped

### Procedure:

Place broth in a 4- or 5-quart Dutch oven and bring it to a boil before adding the potatoes, rutabagas, parsnips, garlic, bay leaf and thyme. Carefully add the vegetables so the pot doesn't overflow. Bring broth back to a boil and then reduce heat so vegetables simmer until very tender, about 30 minutes. Drain well, reserving ½ cup of broth for the recipe (save and refrigerate the rest for another use, if desired). Discard the bay leaf. Transfer vegetables to a large bowl, add the ½ cup of reserved broth and the Worcestershire sauce and mash. Season with salt and pepper, stir in bacon and transfer mixture to a buttered 13x9x2-inch baking dish. Meanwhile, melt the butter in heavy large skillet over medium-high heat. Add onions and saute about five minutes. Reduce heat to medium-low and saute until onions are tender and golden brown, about 15 minutes. Season onions to taste with salt and pepper, and then spread onions evenly over the vegetable mixture. Bake casserole uncovered in a 375 F oven until heated through and top begins to crisp, about 25 minutes. Serve immediately.

about 300  
calories and  
11.5 grams of  
fat per serving

A serving (one-tenth of the recipe) of Vegetable-Bacon Casserole also contains a full day's supply of vitamin C.

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