

# Roasted Beets with Walnut Stuffing

**Prep time:**

15 minutes

**Cooking time:**

45 minutes

**Yields:**

4 to 6 servings

**Ingredients:**

For the beets:

- 2 tablespoons olive oil
- 1 1/2 pounds (about 4) medium red beets, tops removed and washed well
- Salt and Pepper to taste

For the stuffing:

6 cups stale, gluten free + vegan bread cut into bite sized chunks  
1 tablespoon avocado oil  
3 large stalks celery, chopped  
1 large onion, chopped  
2 large cloves garlic, minced  
1 tablespoon thyme, chopped  
1 tablespoons sage, chopped  
1 cup walnuts, roughly chopped  
2 cups vegetable stock  
Salt and pepper to taste

To Garnish:

2 tablespoons walnuts, ground  
2 tablespoons Italian parsley, chopped

**Directions:**

1. Preheat the oven to 400°F. Place the beets in an 8-inch square baking dish and add just enough water to cover the bottom of the dish (about 1/3 cup). Drizzle the beets with olive oil and sprinkle with salt and pepper. Cover the dish tightly with aluminum foil. Bake until a knife can be easily inserted into the center of the beets, about 45 minutes.

2. Warm 1 tablespoon avocado oil in a large pan or skillet on a medium-low heat. When the oil is warm, add the chopped celery, onions and salt and pepper. Sauté for 3-4 minutes until onions soften.

- Add garlic to skillet, cook for another 2 minutes. Stir in the chopped herbs/walnuts and turn off heat.
- Lightly grease 9 x 13 roasting dish. Add the stuffing mixture and the croutons to the roasting dish, toss to combine. Add the veg stock to the stuffing mixture before tossing again. Taste and adjust seasoning if needed.
- Transfer the roasting dish to pre-heated oven and bake uncovered for 30-40 minutes.

4. When the beets are ready, carefully remove the foil and let them sit until cool enough to handle. Peel and small dice. Cut stuffing out using a circle cookie cutter. To serve place stuffing circle on plate and top with beets. Sprinkle with walnuts and parsley.