

Roasted Apple, Vegetable and Kielbasa Bake

2 cups Brussels sprouts, trimmed and halved
1 red onion, sliced into chunks
1 large Yukon Gold potatoes, cut into chunks
2 Gala apples, peeled and cut into chunks
3 carrots, peeled and cut into 1 inch slices
1 lb Kielbasa, sliced into 1/2 inch pieces
2 TBSP olive oil
1 tsp smoked paprika
Salt and freshly ground black pepper to taste

Lightly oil 12 inch or larger Dutch oven.

Combine apples, veggies and Kielbasa in oven.

Add olive oil, paprika, salt and pepper, and toss to coat.

Bake at 400 degrees (19 coals on top, 10 coals on the bottom) for 40-45 minutes, stirring halfway, until lightly browned and tender.



Baking Temperature Chart for Dutch Oven Cooking by Lodge Cast Iron

Oven top/bottom	325°	350°	375°	400°	425°	450°
8"	15	16	17	18	19	20
*****	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
*****	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
*****	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
*****	20/10	21/11	22/12	24/12	25/13	26/14

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid:

Oven Size	Persons Served
8"	1-2
10"	4-7
12"	12-14
12"deep	16-20
14"	16-20
14"deep	22-28

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow-250° to 350°; Moderate-350° to 400°; Hot-400° to 450°; Very Hot-450° to 500°.