

Betty's Thanksgiving Candied Sweet Potatoes (Yams)



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Boil 4 sweet potatoes (skin-on) in water to cover. Use a fork to check for tenderness, and remove the sweet potatoes one by one as they become tender (not mushy). Cool a bit, so that you can handle them. Then, slip off the skins, slice into rounds, and place in an 8-inch by 10-inch baking dish. In a small bowl, mix together 2/3 cup brown sugar, 1/4 cup water, 1/4 cup melted butter, 1/4 teaspoon salt, and 1/4 teaspoon cinnamon (optional). Pour evenly over sweet potatoes. Bake at 350 degrees (F) for 20 minutes. You may open the oven door and spoon some of the syrup over the sweet potatoes occasionally while they are baking for better coverage. Serve from the baking dish, or transfer to a nice serving bowl and serve immediately. Enjoy! --Betty ☐