



Slow Cooker Sweet Potatoes

Ingredients:

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| 8-10 | sweet potatoes, sliced or chopped |
| 4 | apples, chopped |
| 1/2 cup | maple syrup |
| 4 tablespoons | brown sugar |
| 4 tablespoons | margarine, melted |
| 1/2 teaspoon | cinnamon |
| 1/2 teaspoon | nutmeg |
| | salt and pepper to taste |

Directions:

Place apples and sweet potatoes in a crock pot or slow cooker. Sprinkle remaining ingredients on top of the potatoes and apples.

Cook on low for 4 to 5 hours. If your little ones like marshmallows on their sweet potatoes like the Princess Nagger does, about 15 minutes to 1/2 hour before serving, liberally sprinkle mini marshmallows over the sweet potatoes and recover. The marshmallows will melt nicely and make your little one happy.

If you'd rather not have apples mixed in with your sweet potatoes, here's a variation on the above recipe:



Slow Cooker Spiced Sweet Potatoes

Ingredients:

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| 4 lbs | Sweet Potatoes, cut into 1/2" pieces |
| 1/2 cup | dark brown sugar, packed |
| 2 teaspoons | ground Cinnamon |
| 1 teaspoon | ground Nutmeg |
| | pinch of salt |
| 4 Tablespoons | Butter, cut into 1/8" pieces |
| 2 teaspoons | Vanilla extract |

Directions:

Place the sweet potatoes in the slow cooker. Combine the dark brown sugar, ground cinnamon ground nutmeg, and pinch of salt and sprinkle over the sweet potatoes. Stir carefully (you don't want to mash the sweet potatoes in the process, unless you prefer them that way).

Cover and cook on low for 7 hours. Add butter and vanilla; stir to blend. Once again you can melt mini marshmallows over the top at the end if you desire.

Makes 8 servings

There you have it! I do have three slow cookers that get used every year at Thanksgiving – I make several things the day before so *on* the day of I can socialize with our dinner guests and not be harried and hurried in the kitchen. I set up the dining room table in the living room, and set up buffet tables in the dining room – a power strip comes in quite handy to handle the slow cookers and leave my counters free for maneuvering other stuff. Like the turkey when it comes out of the oven.