



Candied Sweet Potatoes + Southern Green Beans with Bacon *Serves 25*

What You Need

Sweet Potatoes

12 large sweet potatoes
1 c butter
4 c white sugar
2 t ground cinnamon

2 t ground nutmeg
2 T vanilla extract
salt to taste

2 disposable aluminum baking pans

Instructions

1. Peel the sweet potatoes and cut them into slices; Melt the butter in a heavy skillet(s) and add the sliced sweet potatoes.
2. Mix the sugar, cinnamon, nutmeg and salt. Cover the sweet potatoes with sugar mixture and stir. Cover skillet, reduce heat to low and cook for about 1 hour or until potatoes are "candied". They should be tender but a little hard around the edges. Also the sauce will turn dark. You will need to stir occasionally during the cooking. Stir in the vanilla just before serving.
3. Place in baking pans, cover, cool, and label with date and name of meal.

What You Need

Southern Green Beans

2 lbs. fresh green beans
1 c white onion, finely chopped
2 garlic cloves
2 c chopped smoked sausage or bacon

4 c chicken broth
1 T butter
2 t red pepper flakes
salt + pepper to taste

Instructions

1. Wash the green beans. Snap off the ends and cut or snap the green beans into pieces. Set aside.
2. Finely dice onion, garlic, and smoked sausage. Set aside.
3. In a saucepan or pot, melt butter.
4. Add in onion, garlic, smoked sausage and chicken broth.
5. Bring to a boil and add in red pepper flakes
6. Add in green beans; cover and simmer for 1- 1½ hours. Check the green beans every 5 minutes after the one hour mark. You don't want to overcook them or they will be mushy!
7. Add salt and pepper to taste, place in aluminum pans, cover and label with date prepared and name of meal.