

Crock-Baked Sweet Potatoes or Yams

Not Your Mother's Slow cooker Cookbook by: Beth Hensperger and Julie Kaufmann

Ingredients:

5 medium-size sweet potatoes or yams, scrubbed and left dripping wet
Butter for serving (optional)

Instructions:

1. Prick each sweet potato with a fork or tip of a sharp knife to prevent bursting.
2. Pile into the slow cooker; DO NOT ADD WATER.
3. Cover and cook on LOW until tender (pierce with the tip of a knife to check for doneness), 4-6 hours, depending on the size of the potato.
4. Remove the potatoes from the cooker with tongs, and serve split open and piping hot with butter (optional). Eat immediately.

Cooker: Medium to large round or oval

Setting and Cook Time: Low for 4-6 hours

Servings: 5-10 (if potato is large and sliced in half)

Notes:

The more potatoes in the cooker, the longer the cooking time.
The sweet potatoes will 'hold' in the cooker for an hour or two before serving.
Serve steaming hot right out of the cooker.

