

# Heritage Recipes

You can share old family recipes and traditions

## Sweet Potatoes and Applesauce and AnnMarie's Sweet Potato Bake

From AnnMarie

While every Thanksgiving is pretty much the same, each family member has their choice of a favorite vegetable dish (which meant at times I had 8 to 10 different ones on the table). Every year I would look for a way to make sweet potatoes a different way. I am listing two sweet potato recipes here.

### Sweet Potatoes and Applesauce

1 (16 oz) can of sweets drained  
1/4 cup firmly packed brown sugar  
1 T margarine  
1/4 tsp salt  
1/2 pt of applesauce  
1/4 tsp nutmeg

If using canned potatoes drain well, if whole slice and layer bottom of casserole. Sprinkle with salt, spoon applesauce over sweet potatoes, sprinkle with brown sugar and dot with margarine. Sprinkle with nutmeg and bake in a 375 oven for 30-to 35 minutes. This would be enough for 4 people.

FOR A CROWD TRY THIS ONE

### Ann Marie's Sweet Potato Bake

Make a day ahead  
4 lbs sweet potatoes  
1 cup firmly packed Brown Sugar  
1 1/2 T cornstarch  
1/4 tsp salt  
1/8 tsp cinnamon  
1 cup apricot nectar  
1/2/cup hot water  
2 tsp orange peel  
2 T butter

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1/2 cup chopped pecans

Peel sweet potatoes, cut in half and cook in boiling water till fork tender (not too soft or they will fall apart) drain and cool. In a med pot combine brown sugar, cornstarch, salt, and cinnamon. Stir in Nectar, hot water, and orange peel, bring to a boil, stir. remove from heat add butter a little at a time while continuing to stir. Cool slightly then add pecans. Cut the sweets in 1/2inch slices and place in a 12x7 1/2 casserole. Pour sauce over all (you should have at least 3 layers. Bake at 375 for 25 minutes. Set aside covered and when dinner is ready reheat for 5 min or nuke for 2 min. It should be very nicely glazed.

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