Recipe For Health | NOVEMBER 2020

NANCY ALLEN'S SWEET POTATO CASSEROLE

"This Sweet Potato Casserole recipe was shared with me by my sister-in-law Sue Allen. It has been a cherished recipe in her family. My family, especially John, Brandi & Jenna, loved it so much it became one of our "must have" holiday recipes."

Featured Food: Nancy's Recipe

Yield: Serves 12-15

Ingredients

Sweet Potato Casserole:

1-40 oz can sweet potatoes, drained.

1 tsp vanilla

2 eggs

1 cup white sugar

½ cup milk (may use a milk alternative, soy or almond milk, if any family member is lactose intolerant)

½ cup softened, room temperature, margarine

Topping:

1 cup brown sugar

1/3 cup flour

1 cup chopped pecans

½ cup softened, room temperature, margarine

Preparation

Blend Sweet Potato Casserole ingredients with a mixer. Pour into a 10x13" baking dish which has been prepared with a baking spray. Mix or chop Topping ingredients to blend them together. Spread over the top of the Sweet Potato mixture.

Bake at 350 degrees uncovered for 45-60 minutes, until ingredients are settled and firm. Remove from oven. Cool and serve. Enjoy!