

Virginia

Ham Smothered With Sweet Potatoes

Featured Food: Ham

Makes: 3 servings

Ingredients

- 1 ham steak
- 3 sweet potatoes, sliced
- 2 tablespoons sugar
- 1 cup hot water

Directions

1. Preheat oven to 350°F.
2. In a medium pan, brown the ham lightly on both sides and place in a baking dish. Save the drippings in the pan.
3. Spread the sliced sweet potatoes over the ham and sprinkle with the sugar.
4. Add the hot water to the pan with drippings, pour over the ham and sweet potatoes.
5. Cover the baking dish. Bake until the ham is tender.
6. Baste occasionally with the gravy, toward the last remove the lid, and let the top brown.



Recipe from: *Aunt Sammy's Radio Recipes Revised*, 1931, U.S. Department of Agriculture, Bureau of Home Economics, adapted by the USDA Food and Nutrition Administration.

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