

Family Favorite Potato Sweet Potato Recipes: A Southern Cooking Tradition

Potato and sweet potato recipes are a staple of Southern cooking. They're hearty, comforting, and always a crowd-pleaser. Whether you're looking for a classic side dish or a main course, there's a potato or sweet potato recipe out there for you.

Classic Potato Recipes

Mashed potatoes are a classic side dish for any occasion. They're creamy, fluffy, and pair perfectly with gravy, butter, or your favorite toppings. For a twist on the classic, try adding roasted garlic or herbs to your mashed potatoes.



One Potato! Two Potato!: Family Favorite Potato & Sweet Potato Recipes! (Southern Cooking Recipes)

by S. L. Watson

★★★★☆ 4.3 out of 5

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Potato salad is another popular side dish, especially during the summer months. There are many different variations of potato salad, but the most common ingredients include potatoes, mayonnaise, celery, and onion. You can also add other ingredients, such as hard-boiled eggs, bacon, or cheese.

Fried potatoes are a delicious and easy way to enjoy potatoes. They can be made with any type of potato, and you can season them to your liking. Fried potatoes are a great side dish for breakfast, lunch, or dinner.

Roasted potatoes are another healthy and flavorful way to enjoy potatoes. They're simply roasted in the oven with olive oil, salt, and pepper. Roasted potatoes are a great side dish for any meal.

Classic Sweet Potato Recipes

Candied yams are a classic Southern side dish. They're sweet, sticky, and delicious. Candied yams are made by boiling sweet potatoes in a sugar syrup. You can also add other spices, such as cinnamon, nutmeg, or ginger.

Sweet potato casserole is another popular Southern side dish. It's made with mashed sweet potatoes, sugar, butter, and spices. Sweet potato casserole is often topped with marshmallows or pecans.

Sweet potato pie is a delicious and decadent dessert. It's made with mashed sweet potatoes, sugar, butter, eggs, and spices. Sweet potato pie is often served with whipped cream or ice cream.

Roasted sweet potatoes are a healthy and flavorful way to enjoy sweet potatoes. They're simply roasted in the oven with olive oil, salt, and pepper. Roasted sweet potatoes are a great side dish for any meal.

Family Favorite Potato Sweet Potato Recipes

Here are a few of our family's favorite potato and sweet potato recipes:

Grandma's Mashed Potatoes

Ingredients:

*

- 5 pounds russet potatoes, peeled and cubed

*

- 1 cup milk

*

- 1/2 cup butter, melted

*

- 1/4 cup sour cream

*

- Salt and pepper to taste

Instructions:

1. Place the potatoes in a large pot and cover with water. Bring to a boil over high heat. Reduce heat to medium-low and simmer until the potatoes are tender, about 15 minutes. 2. Drain the potatoes and return them to the pot. Mash the potatoes until smooth. 3. Gradually stir in the milk, butter, sour cream, salt, and pepper. Continue mashing until the potatoes are light and fluffy. 4. Serve immediately.

Sweet Potato Casserole

Ingredients:

*

- 5 pounds sweet potatoes, peeled and cubed

*

- 1 cup sugar

*

- 1/2 cup butter, melted

*

- 1/4 cup evaporated milk

*

- 1 teaspoon ground cinnamon

*

- 1/2 teaspoon ground nutmeg

*

- 1/4 cup chopped pecans

*

- Mini marshmallows, for topping

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). 2. Place the sweet potatoes in a large pot and cover with water. Bring to a boil over high heat. Reduce heat to medium-low and simmer until the sweet potatoes are tender, about 15 minutes. 3. Drain the sweet potatoes and return them to the pot. Mash the sweet potatoes until smooth. 4. Gradually stir in the sugar, butter, evaporated milk, cinnamon, and nutmeg. Continue mashing until the sweet potatoes are light and fluffy. 5. Pour the sweet potato mixture into a 9x13-inch baking dish. Top with the pecans and mini marshmallows. 6. Bake for 25 minutes, or until the marshmallows are golden brown. 7. Serve immediately.

Roasted Potatoes

Ingredients:

*

- 2 pounds potatoes, scrubbed and cut into 1-inch cubes

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- 2 tablespoons olive oil

*

- Salt and pepper to taste

Instructions:

1. Preheat oven to 425 degrees F (220 degrees C). 2. Toss the potatoes with the olive oil, salt, and pepper. 3. Spread the potatoes on a baking sheet and roast for 25 minutes, or until the potatoes are golden brown and crispy. 4. Serve immediately.

Roasted Sweet Potatoes

Ingredients:

*

- 2 pounds sweet potatoes, scrubbed and cut into 1-inch cubes

*

- 2 tablespoons olive oil

*

- Salt and pepper to taste

Instructions:

1. Preheat oven to 425 degrees F (220 degrees C). 2. Toss the sweet potatoes with the olive oil, salt, and pepper. 3. Spread the sweet potatoes on a baking sheet and roast for 25 minutes, or until the sweet potatoes are tender and slightly caramelized. 4. Serve immediately.

These are just a few of our favorite potato and sweet potato recipes. There are many other delicious ways to enjoy these versatile vegetables. So next time you're looking for a comforting and delicious side dish or main course, reach for a potato or sweet potato.



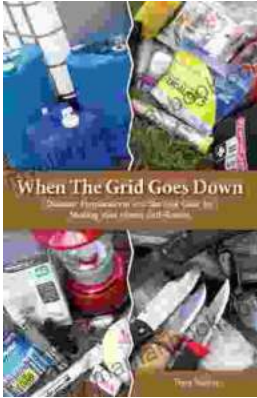
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