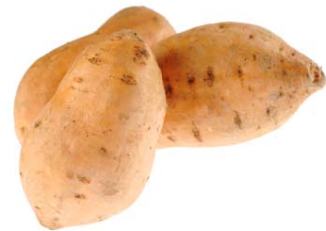




Cowboy Sweet Potatoes!

- 4 Tbls Olive Oil, or Vegetable Oil
- 3 *Bako Sweet* White Sweet Potatoes
- 1 Medium Onion



In a large pan – preferably cast iron – start with 4 tablespoons of oil, add 3 thinly sliced large or 4 medium *Bako Sweet White* sweet potatoes, stir gently every 3-5 minutes. Cook for approximately 20-30 minutes on medium heat, do not allow sweet potatoes to stick to the bottom of the pan. Add one large thinly sliced yellow onion and continue to stir for 10-15 minutes. Spice as desired.

Brian Grant Tejon Ranch

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Another delicious choice from Country Sweet Produce