

Mrs. Tracy King – TTE Guidance Counselor

Favorite Recipes:

Sweet Potato Pie:

Yields: 2 Pies

Ingredients:

6-7 medium sweet potatoes

1 can sweetened condensed milk

1 stick of butter (softened)

2 cups of sugar (or to your taste)

1 egg

1 teaspoon nutmeg

1 teaspoon cinnamon

1 teaspoon vanilla extract

Directions:

Pre-heat oven to 370 degrees

Boil sweet potatoes until soft and tender

drain excess water and mash potatoes using an electric mixer

add ingredients to sweet potatoes and mix well

Add ingredients to both pie shells

Bake at 370 for 45 minutes - 1 hour

Let cool, serve with whipped topping, and ENJOY?

Ox tail soup

Ingredients:

1-5 lbs. small and medium oxtails

baby carrots

potatoes

sweet peas

corn

tomato sauce

macaroni noodles

chopped onion/green peppers

onion powder

garlic powder

complete seasoning

black pepper

Using a slow cooker

Wash oxtails and cook for approx. 5-6
until oxtails are tender, but not off bone

Rinse with water after about an hour

Add in pasta, vegetables, tomato sauce and seasoning

When meat and vegetables are tender the soup is ready!