



## JONES VALLEY TEACHING FARM

# BBQ SWEET POTATO SANDWICHES

### INGREDIENTS:

- ⇒ 1 tbsp. olive oil
- ⇒ 1 large sweet potato (or 2 medium sweet potatoes), shredded
- ⇒ ½ - ¾ cup of BBQ sauce
- ⇒ 4 sandwich buns
- ⇒ Salt and pepper, to taste

### INSTRUCTIONS:

1. Use a grater to shred the sweet potato.
2. Heat the olive oil on medium heat in a large skillet. Once the oil is hot, add the sweet potatoes to the pan.
3. Add salt and pepper, stir, and cook for 4-5 minutes until the potatoes have browned. Stir occasionally to keep them from sticking to the bottom of the pan.
4. After the potatoes have browned, add the BBQ sauce and reduce the heat to low. Cook for another 10 minutes.
5. Serve on a toasted\* bun with a scoop of coleslaw, or other toppings of your choice.

\*Spread butter or mayonnaise across your bun before toasting to get a perfectly golden brown finish.

