

Robust Pot Dinner

Ingredients:

- 1 (16-ounce) can Bristol Cooked Ham, cubed
- 2 large sweet potatoes, cut into cubes
- 1 large yellow onion, diced
- 1 clove minced garlic
- ½ stick butter
- 2 tablespoons all purpose flour
- 1 large red apple, cubed
- 2 medium carrots, cubed
- ½ cup apple juice

Directions:

Dredge cubed ham in flour. Melt butter in pot and add ham. Add all other ingredients. Cook over low heat for 35–40 minutes until potatoes are tender.

