

SWEET POTATO TZIMMES

Recipe from [vegkitchen.com](http://www.vegkitchen.com)

Ingredients

- 30 ml (2 Tbsp.) olive oil
- 250 ml (1 cup) chopped onions
- 3 large carrots, sliced
- 3 large sweet potatoes, cooked, baked, or microwaved in their skins, then peeled and sliced
- 1 large apple or pear, cored and sliced
- 125 ml (½ cup) chopped prunes
- 60 ml (¼ cup) chopped dried apricots
- 125 ml (½ cup) orange juice
- 7.5 ml (1 ½ tsp.) cinnamon
- 2.5 ml (½ tsp.) ground ginger
- 2.5 ml (½ tsp.) salt
- 125 ml (½ cup) chopped walnuts, optional

Directions

- Preheat the oven to 180°C (350°F).
- Heat the oil in a large skillet. Sauté the onions over medium heat until they are translucent. Add the carrots and continue to sauté until onions and carrots are golden.
- In a mixing bowl, combine the onion-carrot mixture with all the remaining ingredients except walnuts. Mix thoroughly; don't worry if the potato slices break apart.
- Transfer the mixture to a large, oiled, shallow baking dish (a round or oval shape is attractive). Sprinkle the optional walnuts over the top.
- Bake for 45–50 minutes, or until the top begins to turn slightly crusty.