

Ham And Sweet Potato Cups

Yield: 4 servings.

Ingredients

- 2 cups frozen California-blend vegetables
- 1 egg
- 2 tablespoons milk, divided
- 3 tablespoons dry bread crumbs
- 1/8 teaspoon pepper
- 3/4 pound fully cooked ham, ground
- 1 can (15 ounces) cut sweet potatoes, drained
- 1/2 cup condensed cheddar cheese soup, undiluted

Directions

1. Cook vegetables according to package directions; drain and set aside.
2. In a bowl, beat egg and 1 tablespoon milk.
3. Stir in bread crumbs and pepper.
4. Add ham; mix well.
5. In another bowl, mash sweet potatoes until smooth; spread onto the bottom and up the sides of four 10-oz. baking cups.
6. Place about 1/3 cup ham mixture in each cup.
7. Top with vegetables.
8. Combine the soup and remaining milk; spoon over vegetables.
9. Cover and bake at 350° for 40 minutes or until heated through.