


Mashed Sweet Potatoes

 PREP TIME	20 minutes
 COOK TIME	20 minutes
 TOTAL TIME	40 minutes
 SERVINGS	8 servings
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Simple savory sweet potatoes mashed and seasoned to perfection.

★★★★★
5 from 8 votes

Ingredients

- 4 pounds sweet potatoes peeled
- 1/3 cup cream or milk
- 1/3 cup butter cut into 4 pieces
- salt & pepper to taste

Instructions

1. Dice potatoes into 2" chunks.
2. Bring a large pot of salted water to a boil. Add potatoes and boil until tender, about 15 minutes.
3. Drain well and allow to sit in the colander a few minutes to make sure all water evaporates.
4. Add butter to the potatoes and mash with a hand masher. Add cream or milk a little bit at a time to reach desired consistency.
5. Season with salt and pepper. Serve hot and top with a dash of cinnamon if desired.

Notes

If you prefer a sweeter mashed potato, add 2 tablespoons brown sugar along with the butter.

Sweet potatoes can be baked in the oven instead of boiling. Cook at 400°F for about 1 hour or until fork tender.

Top with bacon, melted butter, pecans, maple syrup, brown sugar or a pinch of salt.

Nutrition Information

Calories: 297, Carbohydrates: 45g, Protein: 3g, Fat: 11g, Saturated Fat: 7g, Cholesterol: 33mg, Sodium: 196mg, Potassium: 771mg, Fiber: 6g, Sugar: 9g, Vitamin A: 32560IU, Vitamin C: 5.4mg, Calcium: 77mg, Iron: 1.4mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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