



Mashed Sweet Potatoes

Prep time: 15 min
Cook time: 2 hours
Makes: 6 cups

INGREDIENTS

- 4 lb sweet potatoes (about 4 large sweet potatoes)
 - 6 Tbsp butter
 - Salt, to taste
- Optional ingredients:
- 2 tbsp chopped fresh sage or thyme
 - 1/4 cup maple syrup or brown sugar

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Heat oven to 300 degrees. Wrap each sweet potato tightly in aluminum foil and put in the oven.
2. Bake sweet potatoes until they are very tender and are easy to pierce with a fork, about two hours. Remove from oven and let cool slightly.
3. Meanwhile, heat a medium saucepan over medium low heat and melt butter in the pan. Carefully watch the butter and swirl the pan often. The butter will start to turn golden brown and smell nutty. Immediately remove the pan from the heat so that the butter does not burn. Pour the browned butter in a large heat-safe bowl. Set aside.
4. When the sweet potatoes have cooled, peel them and add them to the bowl with the butter. Add salt and any of the optional ingredients if desired.
5. Mash mixture with a masher or large fork.
6. Enjoy!

Roasting sweet potatoes at a very low temperature makes them extremely soft and sweet.