

Easy Creamy Mashed Sweet Potatoes

Makes 6 servings (about 5 ½ cups)

Prep 10 minutes, cook 20 minutes

Ingredients:

- 3 lbs of sweet potatoes, scrubbed clean
- 1 ½ tsp fine sea salt, plus more to taste
- 1 bay leaf, optional or substitute fresh thyme, or rosemary sprig
- 3 tbsp butter
- 1/8 tsp ground cinnamon or more to taste
- 3 tbsp sour cream, heavy cream, milk or half-and-half.



Directions:

1. Peel and cut sweet potatoes into 1-inch cubes. Add to large pot and add enough water so that they are covered by about one inch of water.
2. Bring the water to a boil, reduce the heat to a simmer and cook until the potatoes are easily pierced with a fork, 10-12 minutes.
3. Drain well, and then return the potatoes to the pot. Or if you plan to use a food processor, add them directly to the processor bowl.
4. Add the butter cinnamon, black pepper, and a pinch of salt. Mash the sweet potatoes with a potato masher until your desired consistency. If using a food processor, pulse until your desired consistency.
5. For extra creamy potatoes, stir in sour cream or a splash of heavy cream, milk, or half-and-half. Serve with extra butter and chopped fresh herbs (optional) on top.

Recipe from: <https://www.inspiredtaste.net/39508/mashed-sweet-potatoes/>

Find more great recipes at: <https://www.inspiredtaste.net/>