

Mashed Sweet Potatoes And Carrots

One of my go to veggie dishes in the fall and winter! Creamy and delicious! I use the tan coloured sweet potatoes; goes very well with chicken, turkey or pork.

Makes 4 Servings

2 small sweet potatoes (12 oz.) peeled & cut into chunks

4 medium carrots, peeled & cut into chunks

4 – 6 Tbsp. whipping cream

2 Tbsp. unsalted butter, room temperature

½ tsp. salt & freshly ground black pepper

Place about 1” of water into a large pot & bring to a boil; add ¼ tsp. salt, then add the potatoes & carrots to the pot. Reduce the heat, cover & cook for about 20 minutes or until very tender. Drain very well & mash the vegetables with a potato masher; when smooth add the 4 Tbsp. whipping cream & the butter & stir until well incorporated. If you would like a creamier consistency, add the remaining cream; season the mixture to taste with salt & pepper.