



How to Puree Sweet Potatoes

Prep

- Do not peel the sweet potato.
- If steaming—cut into quarters.
- If roasting—leave whole.
- If microwaving—poke several times with a fork.

Cook

- If steaming—steam for 40 to 45 minutes.
- If roasting—roast at 400 degrees F for 50 to 60 minutes.
- If microwaving—cook for 5 minutes on high or until potato is soft to touch.

Puree

- Scoop out the middle, fleshy part and mash with fork or puree in blender or food processor.