

Sweet Potatoes (Several Ideas)

Ingredients

2 large sweet potatoes

2 c water

when selecting sweet potatoes, it is important that they are firm to the touch and no signs of decay. for even cooking, choose sweet potatoes that are uniform in shape.

Rating: ★★★★★ 1 Rating

Serves: 4

⌚ Prep: 5 Min

⌚ Cook: 25 Min

Method: Pressure Cooker

HOW TO STORE SWEET POTATOES

avoid storing sweet potatoes in the refrigerator, which will produce a hard center and unpleasant taste. instead, store your sweet potatoes in a cool, dry, well ventilated container, like a basket, for up to two weeks.

Directions

Step-By-Step

1



Wash sweet potatoes, skin on, leave whole and place in a steamer basket inside your electric pressure cooker & poke a few times with a fork. Add 2 cups of water.

2



Set timer for 24 minutes..

When timer goes off, let set (keep warm) until time to serve.

3



Cut in half and serve with skin on or off depending on your preference.

Serve with butter and brown sugar and a little cinnamon or pumpkin pie spice.

From IP Group.

Wash potato, put one cup water, place potato on trivet. Manual 16 mins, NPR 10 or longer is fine. Super moist wonderful potato.

I wash mine, score them "around" the waist with a sharp knife. Put 1 cup water in IP, put potatoes on trivet (I've cooked up to 4 at a time) and use the cooking times that came with the IP recipe book (under vegetables) depending on size. They come out perfect and by scoring them, you can just twist and the peel will come right off. I then mash with a little coconut oil and salt and pepper. Delicious!

I eat them often, one easy way is to quarter them, place on the rack with about a 1/2 cup of water below, and "Steam" for 6 mins, with 10 min NPR. I often put fresh ginger in the water, and sprinkle them with pumpkin pie spices.

They're delicious as a base for chili - no, really! I make a batch of bean chili in my IP and serve over sweet potatoes with sour cream and cheese. You could do a meat chili too but we keep fairly kosher and we like our toppings.

I wash them, put about 1/2" of water in the pot, potatoes (6-7 depending on size) in a steamer basket, then manual for 7 minutes. NPR and they're just like restaurant quality! Soft enough to use a spoon and yummy! They freeze great too. Just be sure to wrap individually. When you want one, 1 minute in the microwave and you're done.