

Recipe Name: Vegan Mashed Sweet Potatoes

Submitted By: Chef Libby

Recipe Categories: Vegetables & Side Dishes

Ingredients:

- 5 to 6 large sweet potatoes or yams (about 7-8 lbs.), peeled and cut into chunks
- 6 cloves garlic, peeled and chopped
- 1 14-oz. can coconut milk, shaken
- 3 tbsp. olive oil or vegan buttery spread, or as needed
- 1 tsp. ginger
- ½ tsp. nutmeg
- ½ tsp. curry powder (optional)
- Kosher salt and freshly ground pepper

Directions:

Place sweet potato chunks and garlic in a large pot and cover with salted water. Bring to a boil and simmer until the point of a knife meets no resistance when potatoes are pierced, about 20 minutes. Drain potatoes and return to pan; heat briefly to evaporate remaining water. Add coconut milk, ginger, nutmeg, curry (if using) and olive oil or vegan spread and mash to desired consistency. Taste for seasoning and adjust as necessary with salt and pepper. Serve hot.