



Recipes

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Sweet Potato Mash

Serves 1

Ingredients:

- 1 lbs. Sweet Potato , peeled and diced
- 1 qt. Water
- 3 oz. Butter
- 1 tsp. Kosher Salt
- 1 Tbsp. Ground Cinnamon
- 1/4 cup Brown Sugar

Directions:

1. Place Sweet Potatoes and water in pan. Bring to boil.
2. Reduce heat to simmer. Cook until Sweet Potatoes are soft.
3. Drain Sweet Potatoes and place in mixing bowl.
4. Using paddle, mix Sweet Potatoes on low speed until mashed.
5. Add remaining ingredients.
6. Place in storage container.
7. Label, date and refrigerate until ready to use.