

INSTANT POT

Sweet Potatoes

4 SERVINGS

PREP: 10 MINS

COOK: 24 MINS



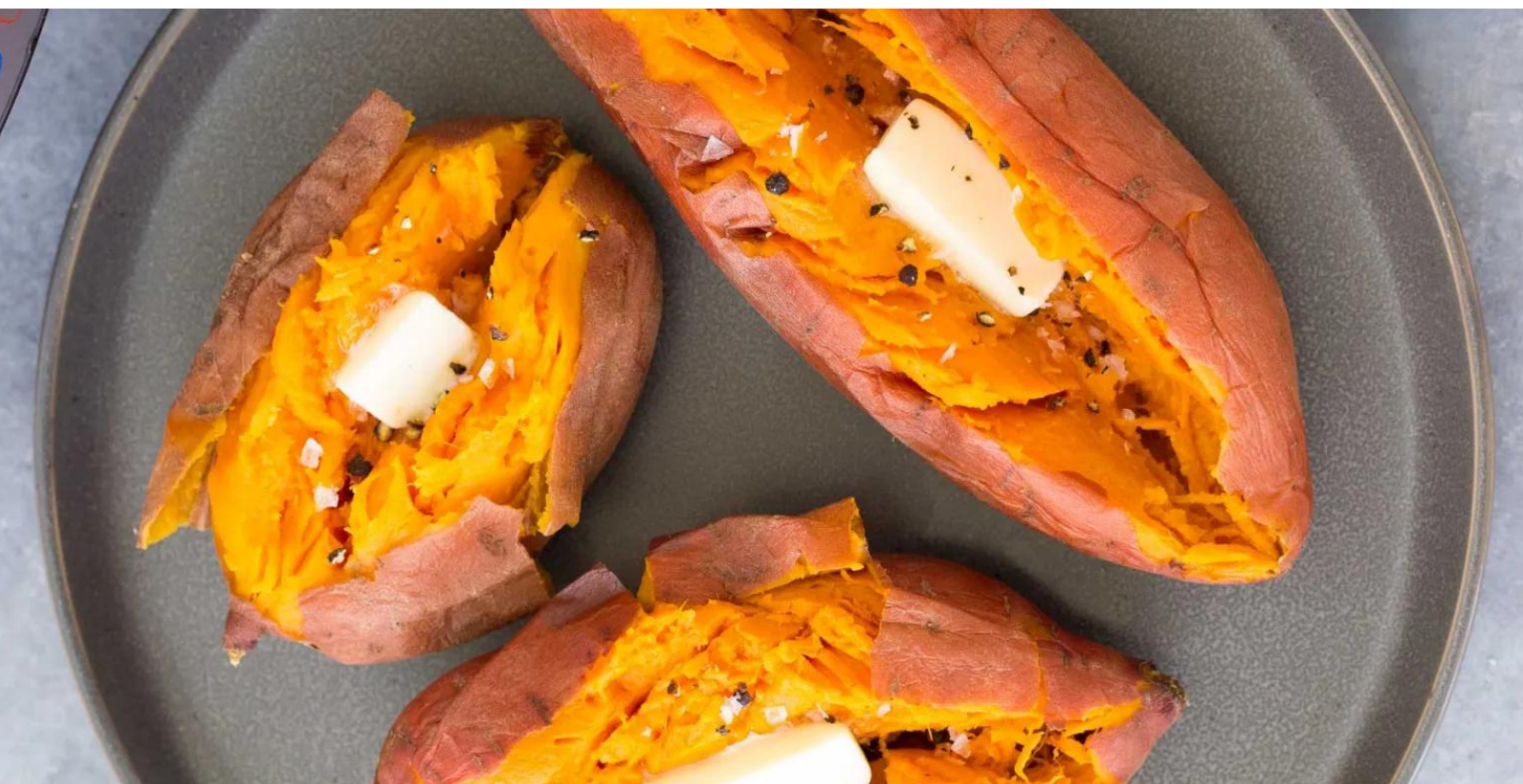
INGREDIENTS

- 4 sweet potatoes

Check out second page for fun ways to stuff your sweet potato.

DIRECTIONS

1. Pour 1 cup of cold water into the bottom of the Instant Pot inner pot. (Use 1 1/2 cups of water for an 8 quart Instant Pot). Place the metal trivet in the pot.
2. Put the sweet potatoes on top of the trivet in the Instant Pot. You do not need to prick the sweet potatoes, and it is ok if they are stacked on top of each other.
3. Close the Instant Pot lid and turn the steam release valve to the sealing position.
4. Press Pressure Cook/Manual and set the cook time: 18 minutes for small (2in wide) sweet potatoes, 24 minutes for medium (2 1/2in wide) sweet potatoes, 30 minutes for large (3in wide) sweet potatoes. If your sweet potatoes are larger than 3 inches at the widest part, you will need to cook them for 35+ minutes.
5. The Instant Pot will take 8 - 10 minutes to reach pressure and then the cook time will start counting down. When the cook time ends, let the pressure release naturally for 10 minutes by leaving the Instant Pot alone. Then quick release any remaining pressure by carefully turning the steam release valve to the venting position.
6. When the float valve drops down, open the Instant Pot lid. Serve sweet potatoes as desired.



HOW TO TOP THEM...

1. California Breakfast:

- Try stuffing them with scrambled eggs, bacon, tomatoes, avocado, and fresh herbs. Sprinkle with salt and pepper. Add salsa to the top.

2. Chili + Avocado Ranch:

- Try scooping chili on top and finishing with a dollop of avocado ranch, fresh herbs, and more. (Add cheese, sour cream, and more if you like).

3. Black Beans + Chipotle:

- Top with black beans, avocado, tomatoes or roasted peppers, and chipotle ranch. (Whatever your favorite taco toppings are!)

4. Buffalo Chicken:

- Combine 1 cup chicken with 3-4 Tbsp Frank's Red Hot sauce. Drizzle with ranch dressing (I like this paleo/vegan version), and chives.

5. BBQ Pork:

- Combine 1 cup pulled pork, chicken, or beef with 3-4 Tbsp of your favorite barbecue sauce. Add more sauce as desired, and top with jalapeños, peperoncinis, fresh cilantro, or chives.

• Other ideas:

- Sautéed Apples (in cinnamon and butter)
- Italian sausage with peppers and onions

