

mashed sweet potatoes

Makes 8 servings

RECIPE FROM: [All Recipes](#)

COOK TIME: 10 minutes

3 lbs sweet potatoes, peeled (optional) and chopped into 2-inch pieces

½ cup full-fat coconut milk

½ cup vegetable broth

4 garlic cloves, peeled

1 tsp salt

1 tsp ground black pepper

2 Tbsp butter or ghee

COMBINE sweet potatoes, coconut milk, broth, garlic, salt and pepper in Instant Pot.

LOCK lid and ensure valve is in the Sealing Position.

PRESS the Manual Button and cook on High Pressure for 8 minutes. It will take 10-15 minutes for the pressure to build before the time starts to count down.

WHEN timer beeps, manually quick release pressure until float valve drops.

UNLOCK and remove lid.

MASH sweet potatoes with butter in the pot using a potato masher.

SEASON with salt and pepper, to taste.