

# MASHED SWEET POTATOES

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## Ingredients:

- 4 tablespoons unsalted butter
- 2 teaspoons kosher salt
- 2T chicken or vegetable broth (or water)
- 3 lbs sweet potatoes, peeled and cut into 1/2 inch cubes (4 –5 large sweet potatoes)
- 1/2 cup firmly packed brown sugar
- 1/2 cup heavy cream or half and half
- 1 orange, juice and zest
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly ground nutmeg

## Optional:

- Mini marshmallows

Melt butter over medium heat. Add sweet potatoes and salt, cover and cook until potatoes are softened (approximately 10 minutes). Add a small amount of broth or water if needed. Once the potatoes are soft, add brown sugar, heavy cream, 1 teaspoon orange zest, the juice from one orange, cinnamon and nutmeg.

Mash with potato masher or electric mixer. Transfer to baking dish. If you are preparing these in advance, this would be a good time to stop as the potatoes can be reheated in a 350 degree oven for 20 – 30 minutes until heated through. Before serving, sprinkle with mini marshmallows and place under the broiler until marshmallows are lightly brown. Do not leave the broiler as this will happen very quickly. Enjoy!

