

A Recipe from the Cooking for Life Program:

Sweet Potato Mash
Makes 6 servings

What you need:

- 1lb sweet potatoes, peeled and cut into large chunks
- 1lb white potatoes, peeled and cut into large chunks
- 3 cloves garlic, peeled
- 1 can (14.5oz) sliced carrots, drained
- 1tbsp dried minced onion
- 1 cup fat-free milk or broth
- Pepper to taste



What you do:

1. Bring a large pot of water to a boil
2. Add sweet potatoes, white potatoes and garlic to pot
3. Boil until potatoes are tender (can easily be pierced with a fork) drain
4. Drain potatoes and return to the pot
5. Add carrots, onion, and milk or broth
6. Mash with a potato masher until you have the consistency of mashed potatoes
7. Add pepper to taste
8. Serve warm and enjoy

Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.