

Whipped Sweet Potatoes with Peppers
By Chef Elliott Farmer, Farmer's Gourmet Catering



Ingredients

1 lb. sweet potatoes or yams
½ cup sugar
1 T light brown sugar
½ t vanilla extract
½ t cinnamon
¼ t nutmeg
2 t butter, unsalted
1 small pepper, (your preferred heat level)

Instructions

Rinse potatoes thoroughly.
Place in a medium stock pot/boiler with whole pepper. Cover with water. Place lid on.
Bring to a roaring boil on medium heat until potatoes are tender to touch, or toothpick goes through them.
Drain, peel and place potatoes in a mixing bowl.
Add other ingredients to bowl.
Whip ingredients to your consistency. May discard pepper.
Heat through if needed. Serve