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# Sweet Potato-Carrot Casserole

*The Essential Southern Living Cookbook*

Preparation Time: 40 minutes

Start to Finish Time: 3 hours 40 minutes

**6 large (about five pound) sweet potatoes**

**1 1/2 pounds carrots, sliced**

**1/4 cup butter**

**1 cup sour cream**

**2 tablespoons granulated sugar**

**1 teaspoon firmly packed lemon zest**

**1/2 teaspoon table salt**

**1/2 teaspoon ground nutmeg**

**1/2 teaspoon freshly ground black pepper**

**1 1/2 cups miniature marshmallows**

**1 cup Sugar and Spice Pecans (see recipe under "Side Dishes/ Nuts")**

Preheat the oven to 400 degrees. Bake the sweet potatoes on a baking sheet for one hour or until tender. Reduce the oven temperature to 350 degrees. Let the potatoes stand until cool to the touch (about 20 minutes). Meanwhile, cook the carrots in boiling water to cover for 20 to 25 minutes or until very tender. Drain.

In a food processor, process the carrots and butter until smooth, stopping to scrape down the sides as needed. Transfer the carrot mixture to a large bowl.

Peel and cube the sweet potatoes. Process, in batches, in a food processor until smooth, stopping to scrape down the sides as needed. Add the sweet potatoes to the carrot mixture. Stir in the sour cream, sugar, lemon zest, salt, nutmeg and black pepper, stirring until blended. Spoon into a lightly greased 13 x 9-inch casserole dish.

Bake at 350 degrees until thoroughly heated, about 30 minutes. Sprinkle with marshmallows. Bake until the marshmallows are golden brown, about 10 minutes.

Sprinkle the casserole with Sugar and Spice Pecans.

Yield: 8 to 10 servings

## Side Dishes

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*Per Serving (excluding unknown items): 2238 Calories; 98g Fat (38.3% calories from fat); 28g Protein; 327g Carbohydrate; 42g Dietary Fiber; 226mg Cholesterol; 2091mg Sodium. Exchanges: 12 1/2 Grain(Starch); 12 Vegetable; 1/2 Non-Fat Milk; 19 Fat; 4 Other Carbohydrates.*