
Whipped Sweet Potato Butter

The Essential Southern Living Cookbook

Servings: 20

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 5 minutes

1 pound sweet potatoes, peeled and cut into two-inch chunks

2 teaspoons white vinegar

2 1/2 teaspoons Kosher salt, divided

1 cup unsalted butter, softened

1/4 cup honey

3/4 teaspoon ground cinnamon

1/4 teaspoon black pepper

Place the potatoes in a medium saucepan. Cover with cold water by one inch. Add the vinegar and two teaspoons of the salt. Bring to a boil over high. Reduce the heat to medium and cook until tender, about 20 minutes.

Drain the potatoes. Transfer to a large bowl. Let cool, about 20 minutes.

Add the butter, honey, cinnamon, pepper and remaining 1/2 teaspoon of salt. Beat with an electric mixer until smooth, about 45 seconds.

Chill until ready to serve.

Condiments, Sauces

Per Serving (excluding unknown items): 112 Calories; 9g Fat (72.3% calories from fat); trace Protein; 8g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 239mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Fat; 0 Other Carbohydrates.