

Savory Mashed Sweet Potatoes

Author: Cookie and Kate Prep Time: 20 minutes Cook Time: 10 minutes Total Time: 30 minutes Yield: 6 servings IX

Category: Side Dish Method: Stovetop Cuisine: American

4.9 from 170 reviews

These incredible mashed sweet potatoes are mixed with herbs, butter and sour cream. No marshmallows or brown sugar in this mashed sweet potatoes recipe! Recipe yields 6 to 8 side servings.



SCALE 1x 2x 3x

INGREDIENTS

- 4 pounds sweet potatoes (about 7 small-to-medium), peeled and cut into 1" cubes
- 2 teaspoons salt, divided
- 1/3 cup finely sliced green onion, mostly green parts (from 1 bunch)
- 1/3 cup finely chopped fresh flat-leaf parsley
- 1 small-to-medium garlic clove, pressed or minced
- 1/4 cup sour cream*
- 3 tablespoons butter, cubed
- Freshly ground black pepper
- 1 teaspoon extra-virgin olive oil

INSTRUCTIONS

1. Place the cubed sweet potatoes in a large saucepan or Dutch oven and add enough water to cover by about 1". Add 1 teaspoon of the salt and bring the mixture to a simmer over medium-high heat. Reduce the heat and simmer, uncovered, until the potatoes are tender (in other words, it's easy to slide a fork in and out), about 9 to 12 minutes.
2. Drain well, then return the potatoes to the pot. Mash the sweet potatoes to your desired consistency.
3. Promptly add almost all of the green onion and parsley, reserving a small amount of each for garnish. Add the garlic, and stir to combine. Then stir in most of the sour cream (reserve roughly 1 tablespoon for garnish), all of the butter, and the remaining 1 teaspoon salt. Season to taste with additional salt (I usually add another 1/4 to 1/2 teaspoon) and freshly ground black pepper.
4. Transfer the mashed potatoes to a serving bowl and swirl the reserved sour cream onto the top with a spoon. Sprinkle with the reserved green onion and parsley, drizzle the top lightly with olive oil, and finish with a sprinkle of pepper.
5. Serve promptly. Leftovers will keep well, covered and refrigerated, for 3 to 4 days.