

# Instant Pot Sweet Potatoes

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This recipe was tested using a six-quart Instant Pot Duo SV.

This is a useful technique when making sweet potato pie. (I need to work out quantities. I'll do that as we get closer to the holidays. This *should* yield a little more than two cups of mashed sweet potatoes.)

## Ingredients

- 2 pounds sweet potatoes

## Method

1. Peel the potatoes and chop into uniform pieces approximately 2 cm on a side ( $\frac{3}{4}$  inches).
2. Add one cup of the water to the Instant Pot and place a steamer basket inside.
3. Add the potatoes, put the lid on, and set the release valve to sealing.
4. Pressure cook on high for 5 minutes.
5. Perform a quick release, and remove the steamer basket from the Instant Pot.