

Mashed Sweet Potato

- 2 large sweet potato or yams
- ½ c chicken broth
- 1 garlic clove or 1 tsp garlic powder
- ¼ tsp black pepper
- ¼ tsp salt

Serving Size approx. ½ cup.

Peel sweet potatoes and cut into cubes. Place in a pot of boiling water and cook for approx. 6 to 9 minutes or until potatoes are soft all the way through. Drain potatoes and place in a large mixing bowl and add ½ c chicken broth, garlic and salt and pepper. With an electric mixer blend until potatoes are a smooth texture and more chicken broth if mixture seems to dry.