

## How to make perfect Instant Pot Sweet Potatoes every time

Silky, smooth and ready in a fraction of the time to roast them. Quick and easy pressure cooker recipe. Use them as a perfect side or meal prep them for a casserole or mashed potatoes. You won't be disappointed at all.

### Ingredients

- 1 cup water
- 3 small to medium sweet potatoes
- 3 tsp butter (optional)



### Instructions

Step 1 - Clean the Sweet Potatoes by scrubbing the skin of the sweet potato under running water with a clean brush to get rid of any dirt on it.

Step 2 - Pour water into the inner pot, place the steamer rack followed by arranging the sweet potatoes in a single layer. Close the lid and seal the vent.

Step 3 - Pressure cook them based on the width of the sweet potatoes followed by allowing the pressure to naturally release (NPR). This will yield you perfectly cook and tender texture.

- 2 inches or less in width - 18 minutes. NPR
- 2-3 inches in width - 25-30 minutes. NPR
- 3-4 inches in width - 60 minutes. NPR

Step 4 - Carefully open the lid and remove the steamer rack. Allow the sweet potato to cool for 2-3 minutes and then take each sweet potato and slice it with a knife or mash.

From thebellyrulesthemind

