

Sweet Potato and Parsnip Mash

Sweet potatoes and parsnips make a great combination. Add melted butter and milk and you have perfection.

Ingredients

4 pounds Sweet Potatoes, peeled and cubed (about 8 potatoes)
1 ½ pounds Parsnips, peeled and cubed (about 5-6 parsnips)
1 cup Whole or 2% Milk
8 tablespoons Unsalted Butter
1 teaspoon Salt, or to taste + additional
½ teaspoon Black Pepper, or to taste
Freshly grated Nutmeg to taste

Preparation

Place sweet potatoes and parsnips in a large pot and cover with water. Partially cover, bring to a boil adding a dash of salt. Cook until very tender, about 20-25 minutes. Drain well.

Melt butter in a small saucepan over medium-high heat. Add milk, stir and bring to a low simmer. Slowly add milk/butter mixture to potato mixture about ½ cup at a time (using more or less) and mash until smooth or to desired texture. Season with salt, pepper and nutmeg. Serve warm.

Serve 6-8