



greystone  
CHIROPRACTIC

## INSTANT POT SWEET POTATOES

1 cup  
4 - 6

Water  
Sweet Potatoes

### DIRECTIONS

1. **Prepare the Sweet Potatoes:** Wash/scrub potatoes.
2. **Add Water to the Instant Pot:**
3. **Pressure Cook the Potatoes:** Insert the trivet of steamer basket and potatoes. Press **Manual** and adjust the time to 15 – 30 minutes for medium potatoes.
4. **Release Pressure Naturally:** When the potatoes are “done”, release the pressure “Naturally” (in other words don’t vent the steam, let the pressure release naturally. This is often referred to in recipes as NPR). Open the lid carefully.
5. **Cut and scoop out** the potatoes for use in sweet potato casserole or **Serve** with toppings (e.x., butter, brown sugar, pecans, etc.)