

## Sweet Potato Carrot Mash

This is no ordinary mash! Sweet potatoes and carrots compliment each other for a bright colored medley.

### Ingredients

4lbs Sweet Potatoes, peeled and cubed (about 8 large Potatoes)  
3 large Carrots, peeled and cubed (about 2 cups)  
1 large White Onion, peeled and cubed (about 2 cups)  
4 large Garlic Cloves, peeled  
1 cup Whole Milk  
3 tablespoons Unsalted Butter  
1 teaspoon Salt or to taste  
½ teaspoon Black Pepper or to taste

### Preparation

Place sweet potatoes, carrots, onions and garlic in a large pot and cover with water. Partially cover, bring to a boil adding a dash of salt. Cook until very tender, about 30-40 minutes. Drain well.

Melt butter in a small saucepan over medium-high heat. Add milk, stir and bring to a low simmer. Add milk mixture to potato mixture and blend with a hand blender until smooth. Add salt and pepper and serve.

Serves 6-8