

Yummy Sweet Potatoes

Unit: Small Skillet or 4 qt. Saucepan

1 - Can of Crushed Pineapple (12oz or 16oz)

2 - 4 Sweet Potatoes

Peel the sweet potatoes and shred them on the #2 blade with the food cutter machine. Place the potatoes into a cold unit, drain most of the juice from the pineapples and mix into the uncooked potatoes.

Turn burner onto medium heat until the valve activates and then reduce the heat to low for approximately 15 minutes. You can serve them from the cookware or blend them in a bowl to make them more creamy. :)