

Sweet Potato Casserole

By

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Ingredients:

2 lbs. organic sweet potatoes
1 small box of cremini mushrooms
1 organic sweet onion
Chicken bone broth or chicken broth
Olive oil
[Celtic sea salt](#)

Process:

1. Put ingredients in the [food processor](#) and shred one at a time in this order: mushrooms; onions; sweet potatoes, taking each ingredient out and setting aside before you process the next one.
2. Put about a tablespoon of olive oil in a large sauté pan and put in shredded mushrooms to brown on medium heat. Salt mushrooms to taste as they are browning.
3. Remove mushrooms when browned and, after draining off and saving liquid from onions, put onions in same large sauté pan to caramelize.
4. Put another tablespoon of olive oil in sauté pan, leaving onions there. Add the shredded sweet potatoes and sauté. Because of the starch in the sweet potato, there will be some sticking to the pan. Use a metal spatula to scrap off pan bottom as you stir the potatoes, using a little broth, as needed to deglaze pan and avoid burning while sweet potatoes cook. Add 1/2 teaspoon of salt, stirring to avoid burning/sticking. Add mushrooms back into the pan and mix well.
5. Taste for seasoning to your liking. When sweet potatoes are cooked and all ingredients are mixed well, put into a [casserole dish](#) for serving immediately or put in a low oven until the rest of the meal is ready.

NOTE: This dish freezes well, though I recommend using quart-size freezer bags and putting in the equivalent of one serving per bag. Flatten the sweet potato mixture so that it fills the whole bag. Place the bags on a 3/4 sheet pan to flash freeze. That way, the bags take up less room in your freezer. You can also remove exactly the number of bags you need for the next time you serve the dish and they will thaw very rapidly in your frig or cooler. Add a little broth to re-heat, stir, and serve. This is also a wonderful dish cold.