



Garden Fresh Farm Recipes

Sweet Potato Soufflé

This Southern sweet potato casserole is the perfect combination of sweet potato filling and crunchy, buttery pecan topping. It's the only sweet potato casserole you'll need and it's sure to be a hit with family and guests.

Ingredients:

Soufflé:

1/2 cup butter (1 stick), at room temperature, plus more to grease pan

5 medium sweet potatoes

2 large eggs

1 cup granulated sugar

1 1/2 teaspoons vanilla extract

1/2 cup milk

Pinch of salt

Topping:

1 cup finely chopped pecans

1 cup brown sugar, packed

1/2 cup all-purpose flour

1/4 cup butter (1/2 stick), softened



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Directions:

For the soufflé: Preheat the oven to 350 degrees F. Grease a 2 1/2-quart baking dish with butter.

Poke the sweet potatoes with a fork and bake on a foil-covered baking sheet until they are soft, 1 hour. When cool enough to handle, peel the potatoes, place the flesh in a large mixing bowl and mash until very smooth. Add the eggs, sugar, butter, vanilla, milk and salt. Combine well with an electric mixer or hand mixer. Turn the mixture into the baking dish.

For the topping: In a medium bowl, stir together the pecans, brown sugar, flour and butter until thoroughly combined. Spoon the mixture over the sweet potatoes, making an even layer. Bake the casserole until slightly browned, 40 minutes. Let the casserole sit for 5 minutes before serving.