



Recipe from the Cheyenne Botanic Gardens

Sweet Potato Souffle

Submitted by Robert Bolton
CBG Volunteer

Sweet Potato Mix:

3 cups canned sweet potatoes or yams (32 oz)
1 cup sugar
½ tsp. salt
2 eggs
2 ½ Tbsp. melted butter
½ cup milk
1 tsp. vanilla

Drain the juice out of the sweet potatoes (or yams). Mix all seven ingredients together. Use a mixer until it is well-mixed. Spray a 9x13 pan with cooking spray. Pour ingredients into the pan. Next, make the topping.

Crunch Topping:

2 ½ Tbsp. melted butter
1 cup brown sugar
1/3 flour
1 cup chopped pecans

Mix the four ingredients together into a bowl. Stir with a spoon until is well-mixed. Cover the sweet potato mix with the crunch topping. Use the spoon to spread it around gently. All the sweet potatoes should be covered.

Place the pan in a pre-heated oven (350 degrees) and cook for 45 minutes. Serve warm.