



Southern Sweet Potato Casserole



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Introduction

Southern sweet potato casserole is a cherished dish that captures the essence of comfort food in every bite. This recipe combines creamy mashed sweet potatoes with a delightful topping of crunchy pecans and gooey marshmallows, making it a perfect addition to any holiday table or family gathering. Whether you're serving it for Thanksgiving or just a cozy family dinner, this dish is sure to bring warmth and smiles to your table.

Detailed Ingredients with measures

Sweet potatoes - 4 large, peeled and cubed

Unsalted butter - 1/2 cup, melted

Brown sugar - 1/2 cup

Granulated sugar - 1/4 cup

Milk - 1/2 cup

Vanilla extract - 1 teaspoon

Ground cinnamon - 1/2 teaspoon

Salt - 1/4 teaspoon

Pecans - 1 cup, chopped

Miniature marshmallows - 2 cups

Prep Time

The prep time for this delicious casserole is approximately 20 minutes. This allows you enough time to prepare the sweet potatoes and mix in the other flavorful ingredients before baking.

Cook Time, Total Time, Yield

Cook time for the casserole is about 30 minutes in the oven, resulting in a total time of about 50 minutes from start to finish. This recipe yields approximately 8 servings, making it a great dish for sharing with family and friends.



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Detailed Directions and Instructions

Step 1: Preheat the Oven

Preheat your oven to 350°F (175°C).

Step 2: Prepare Sweet Potatoes

Peel and chop the sweet potatoes into uniform pieces. Place them in a large pot.

Step 3: Boil Sweet Potatoes

Cover the sweet potatoes with water and bring to a boil. Cook until tender, about 20 minutes.

See also [Hearty Tomato Soup Recipe for Cozy Nights](#)

Step 4: Drain and Mash

Drain the sweet potatoes and return them to the pot. Mash until smooth using a potato masher or fork.

Step 5: Mix Ingredients

In the mashed sweet potatoes, add sugar, milk, melted butter, vanilla extract, and eggs. Mix until well combined.

Step 6: Prepare Topping

In a separate bowl, combine brown sugar, flour, and chopped pecans. Stir in melted butter until crumbly.

Step 7: Assemble Casserole

Spread the sweet potato mixture evenly into a greased baking dish. Top with the pecan mixture.

Step 8: Bake

Bake in the preheated oven for 25-30 minutes, or until the topping is golden brown.

Step 9: Cool and Serve

Remove from the oven and let it cool for a few minutes before serving.

Notes

Note 1: Sweet Potato Selection

Choose firm, heavy sweet potatoes for the best texture.

Note 2: Mixing Technique

Ensure all ingredients are mixed thoroughly to achieve a consistent flavor and texture.

Note 3: Pecan Topping Substitute

If you are allergic to nuts, you can omit the pecans or replace them with crushed graham crackers.

Note 4: Make Ahead

You can prepare the casserole a day in advance and refrigerate it before baking.

Note 5: Serving Suggestions

This dish pairs well with ham, turkey, or as a side for holiday meals.



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Cook techniques

Boiling Sweet Potatoes

To achieve a creamy texture, boil the sweet potatoes until they are fork-tender before mashing or blending.

Mashing

Use a potato masher or a mixer to create a smooth consistency for the sweet potato mixture.

Baking

Bake the casserole to allow the flavors to meld together and achieve a golden, bubbly top.

See also Cream Cheese Banana Bread

Whipping

For added fluffiness, whip the sweet potato mixture with eggs and milk until fully combined and airy.

Layering Ingredients

Carefully layer the sweet potato mixture and the topping to ensure an even distribution of flavors throughout the casserole.

Creating Toppings

Prepare a crunchy topping using ingredients like brown sugar, pecans, or marshmallows for added texture and sweetness.

Serving

Allow the casserole to cool slightly before serving to enhance the flavors and make it easier to slice.

FAQ

Can I use canned sweet potatoes instead of fresh?

Yes, you can use canned sweet potatoes, but make sure to drain them well before mashing.

What can I substitute for eggs in the recipe?

You can use flaxseed meal mixed with water or applesauce as a substitute for eggs.

How do I store leftover casserole?

Store leftover casserole in an airtight container in the refrigerator for up to three days.

Can I freeze sweet potato casserole?

Yes, you can freeze sweet potato casserole. Make sure to wrap it tightly and use it within two months for the best quality.

How long does it take to reheat the casserole?

Reheat the casserole in the oven at 350°F for about 20-25 minutes, or until heated through.



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Conclusion

The Southern Sweet Potato Casserole is a delightful dish that combines the natural sweetness of sweet potatoes with a rich, buttery topping. It's a comforting option that brings warmth and nostalgia to any meal, especially during the holidays. This casserole not only satisfies the taste buds but also adds a colorful, festive touch to the dining table.

See also Cranberry Chicken Salad

More recipes suggestions and combination

Marshmallow-Topped Sweet Potato Casserole

For a sweeter variation, top your casserole with marshmallows instead of pecans for a gooey and indulgent touch.

Cinnamon and Nutmeg-Spiced Sweet Potatoes

Add a dash of cinnamon and nutmeg to the sweet potatoes for a warm, spicy flavor that enhances the dish.

Savory Sweet Potato Casserole

Incorporate savory elements such as bacon and cheese to create a unique twist on the traditional sweet potato casserole.

Maple Pecan Sweet Potato Bake

Drizzle some maple syrup over the top and sprinkle with pecans for an additional layer of flavor and crunch.

Sweet Potato and Apples Casserole

Combine sweet potatoes with thinly sliced apples for a refreshing take that balances sweetness with tartness.

Loaded Sweet Potato Casserole

Top the casserole with chopped green onions, cheese, and sour cream for a loaded version that adds creaminess and savory notes.



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