



# LOVES FOOD

## LAZY SWEET POTATOES

### INGREDIENTS:

- 6-8 large sweet potatoes
- 1 teaspoon paprika
- 1 teaspoon spice for rice
- 2 tablespoons cooking oil
- 1 teaspoon salt
- 1 teaspoon thyme
- 1 teaspoon dried parsley
- Half a teaspoon powdered chilli (for chilli lovers)

### METHOD:

1. Peel and chop your sweet potatoes into medium equal-sized chunks. Place them in a dish of warm water to keep them from discolouring.
2. Once you have peeled and cleaned them all, place them in a large pot where they will not be overcrowded.
3. Add all the spices and some boiling water
4. Stir thoroughly, to keep the spices from sitting at the bottom of the pot.
5. Boil and stir periodically. Add a little more water if needed, keeping in mind that when the sweet potato is cooked, there should not be any loose water in the pot.

### SERVING SUGGESTION

This warm dish is a healthier alternative to boiled potatoes and tastes just as nice, if not better. Enjoy it as a side dish to a large meal or as your main starch along with any grilled protein. On a warm day, add a fresh side salad to complete this meal, and on a cold day, some creamed spinach would do the trick.

Enjoy!

With love,  
From Famous Warrior's kitchen