



Pecan Crusted Sweet Potato Soufflé

Servings: 1 soufflé

INGREDIENTS:

Filling

- 6 sweet potatoes
- 1 c. white sugar
- 1/2 c. milk
- 1 tsp. vanilla extract
- 2 large eggs, beaten
- 1/2 tsp. salt

Topping

- 1 c. dark brown sugar
- 1/2 c. all-purpose flour
- 1/3 c. melted butter
- 1 c. chopped pecans

DIRECTIONS:

1. Preheat the oven to 350F. Roast sweet potatoes until fork tender, 45 minutes - 1 hour.
2. Remove potatoes and allow to rest. When cool enough to handle, remove the skins.
3. Preheat the oven again to 350 F if you turned your oven off while potatoes are cooling. Grease or butter a 2-quart casserole dish.
4. Place potatoes in a mixing bowl; beat with an electric mixer on low speed until potatoes begin to break up. Increase speed to medium high and blend until smooth.
5. Reduce speed to low and add sugar, milk, butter, vanilla, eggs and salt. Mix well. When finished mixing, allow any potato fibers to remain on beaters as you remove.
6. Pour sweet potato mixture into the casserole dish.
7. Make the topping: Mix brown sugar, flour, butter and pecans together in a small bowl. Sprinkle mixture over sweet potatoes.
8. Bake in the preheated oven until the center of the soufflé is set, about 40 minutes.