SWEET POTATO DUMPLINGS

servings: 4-6

prep time: 1 hour

cook time: 45-65 mins, 8 mins

INGREDIENTS

1 1/2 lb. Sweet Potatoes
1/4 cup Cassava Flour
1 tsp Salt
1 tsp Garlic Powder
1 tsp Onion Powder

DIRECTIONS

1. Wash sweet potatoes and place on a baking pan with the skin on. Bake at 400 °F for 45 - 65 minutes until potatoes are very soft. Cooking times will vary depending on potato size.
2. Remove potatoes from the oven, and reset the oven to 350 °F. Set the potatoes aside to cool. Once they are cold the potatoes can be peeled by hand.
3. Mash the sweet potatoes with cassava flour, salt, garlic powder, and onion powder until a soft but cohesive dough is formed.
    a. Tip: You can use a stand mixer to make it easier to incorporate the ingredients.
4. Scoop the dumplings into 1 ½-inch balls and place them on a baking sheet.
    a. Tip: Option to use a small ice cream scoop to form the dumplings.
5. Cook the dumplings in the oven at 350 °F for 8 min. Ensure the dumplings have reached an internal temperature of at least 165 °F before removing from heat.
6. Serve Hot.
    a. To reheat, place a saute pan over medium heat and add 1 Tbsp of oil. Saute dumplings in the pan for 1 minute and then add 1-2 Tbsp of water and cover to steam until the dumplings are warm.

NOTE: Depending on the level of moisture retained by the potatoes during the cooking time you might have to add an extra tablespoon of cassava in order to reach the desired dough texture.