

Sweet Potatoes

As little as 1 sweet potato, or as many as will fit in Instant Pot without going over brim of inner pot

1 cup water for inner pot

1. Scrub sweet potatoes. If desired, cut in half (this will speed up time). Add water to Instant Pot inner pot. Place trivet over water. Place sweet potatoes on trivet.
2. Secure lid in place > Turn valve to SEALING > Select MANUAL or PRESSURE COOK > Adjust time > After 10 seconds display will read ON
 - a. Cut in half: 10 minutes*
 - b. Small whole: 18+ minutes
 - c. Medium whole: 20+ minutes
 - d. Large whole: 25+ minutes
3. When time has lapsed > Allow for NATURAL PRESSURE RELEASE > Wait until silver button on lid drops > Remove lid away from you
4. Stick fork into potato. If easily pierced potato is done. If not, replace lid and bring to pressure for more time.
5. Use tongs to remove sweet potatoes from machine.

*If cutting in half, lay each half skin side down (cut side up) on trivet, layering on top of each other. When cooking the insides get very soft and if placed cut side down the insides can fall out of the skin.