
Roasted Sweet Potato & Chipotle Mash

Creamy roasted sweet potato mash infused with smoky chipotle and tangy soured cream—a blood sugar-friendly alternative to traditional mashed potatoes.

Prep: 10 min

Cook: 50 min

Total: 60 min

Servings: 4

GL 28.8 / GI 50

Ingredients

about 4 large potatoes large sweet potatoes

chipotle paste

soured cream

butter

Instructions

Step 1

Preheat your oven to 200°C (180°C fan/400°F/gas mark 6). Scrub the sweet potatoes clean under running water and pat them dry with a kitchen towel.

Step 2

Pierce each sweet potato several times with a fork to allow steam to escape during roasting. Place them directly on the oven rack or on a baking sheet lined with parchment paper.

Step 3

Roast the sweet potatoes for 45-50 minutes, turning them halfway through, until they feel very tender when gently squeezed with an oven mitt or when a knife slides through easily with no resistance.

Step 4

Remove the roasted sweet potatoes from the oven and let them cool for 3-4 minutes until safe to handle. Carefully peel away the skins—they should slip off easily—and place the flesh into a large mixing bowl.

Step 5

Mash the sweet potato flesh with a potato masher or fork until smooth and creamy, breaking up any remaining lumps. For an ultra-smooth texture, you can use a ricer or food mill.

Step 6

Add the chipotle paste, soured cream, butter, minced garlic, lime juice, ground cumin, smoked paprika, sea salt, and black pepper to the mashed sweet potato. Stir vigorously until all ingredients are thoroughly combined and the mixture is creamy and uniform in color.

Step 7

Taste and adjust seasoning with additional sea salt and freshly ground black pepper as desired. The chipotle paste provides heat, so if you prefer a milder flavor, start with half the amount and add more gradually to suit your taste.

Step 8

Serve immediately while hot, or keep warm in a covered dish. This mash pairs excellently with grilled proteins and green vegetables for a balanced, blood sugar-friendly meal. Each serving is approximately 250g or 1 cup.