

Chipotle Sweet Potato Recipe

Serving Size – 4 People

Ingredients

- Sweet Potatoes (Yams) – 4 Each (Peeled, Cut into Wedges)
- Yellow Onion – 2 Medium Size – Cut into strips (Julienne)
- 1 Can Roasted Red Bell Peppers – Cut into Strips
- 1 Can Chipotle Peppers in Adobo – Typically in the Mexican food section near salsas
- ½ Cup Brown Sugar
- 1/2 Cup Vinegar (either white wine or champagne)
- 2 Whole Limes – Cut in Half
- 1 bunch of Green Onions – Sliced into rings
- Salt & Pepper

Directions

1. Collect all your ingredients and prep as instructed. Preheat the oven to 375 degrees.
2. In a bowl, combine the sweet potatoes with about 3- 4 tablespoons worth of the canned chipotles. Avoid using the actual peppers in the can, you really just want the sauce.
3. Toss the sweet potato wedges with the chipotle sauce, 2 pinches of salt and 2 Tablespoons of olive oil
4. Spread the potatoes onto a greased cookie sheet and place into the pre heated oven. Roast the potatoes until cooked, but still firm, about 15 minutes or less.
5. Meanwhile, heat a **large** sauté pan to high. Once the pan is hot, add 2 Tablespoons of olive oil and all the julienned onion. There should be a lot of noise happening!
6. Stirring occasionally, cook the onions on high until they begin sticking to the pan. Once they begin sticking, add about ¼ cup of water to release them from the pan, scrape the bottom of the pan & continue to cook on high. This is called “Deglazing”
7. Repeat step 6 until the onions begin to take on a dark, caramel color. Once they are dark, add the vinegar, brown sugar, & squeeze the limes into the onion. Turn the heat down to medium and simmer for about 1 minute.
8. The onion consistency should be somewhat soupy (if it’s not, just add a little water) and by this time, the potatoes should be softened. Fold the potatoes into the onion mixture along with the red bell peppers.
9. Make sure to toss & coat the potatoes well with the onions. This will give the sweet heat
10. The dish is now ready, just season to taste with salt & pepper & garnish with the green onions
11. Enjoy!

