

# Mashed Sweet Potatoes and Parsnips

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**Servings: 6**

**Preparation Time: 35 minutes**

**Start to Finish Time: 1 hour**

**6 tablespoons unsalted butter**

**2 pounds sweet potatoes, peeled and cut into large chunks**

**1 pound parsnips (any tough woody cores discarded), peeled and cut into large chunks**

**4 sprigs thyme**

**1/4 teaspoon freshly grated nutmeg**

**Kosher salt**

**freshly ground pepper**

**1/2 cup half and half**

**1 teaspoon sherry vinegar**

**freshly grated nutmeg (for topping)**

In a large pot or Dutch oven over medium heat, melt three tablespoons of the butter. Cook, stirring occasionally, until browned, about 5 minutes. Add the sweet potatoes, parsnips, thyme sprigs, nutmeg, one teaspoon of salt and a few grinds of pepper. Cook, stirring, until the vegetables are well coated.

Add 1/2 cup of water and the half-and-half to the pot. Cover. Bring to a simmer. Reduce the heat to medium-low. Cook, stirring occasionally, and adding 1/4 cup of water at a time if the pot is dry, until the vegetables are very tender, 30 to 35 minutes (at the end, there will not be a lot of liquid left).

Discard the thyme sprigs and transfer the vegetables and any liquid to a food processor. Add the remaining three tablespoons of butter. Process until very smooth. Add the vinegar. Process to combine. Season with salt and pepper.

Transfer the potatoes to a serving dish. Sprinkle with more nutmeg.

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Per Serving (excluding unknown items): 250 Calories; 14g Fat (50.2% calories from fat); 3g Protein; 29g Carbohydrate; 4g Dietary Fiber; 38mg Cholesterol; 26mg Sodium. Exchanges: 2 Grain(Starch); 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.