

# Stuffed Sweet Potatoes

## Ingredients

### For the Sweet potatoes

4 small sweet potatoes  
1/3 cup organic gouda cheese (shredded)  
5 teaspoons fresh chives  
1 teaspoon dried tarragon or 1 tablespoon fresh tarragon  
2 teaspoon coconut oil

### For the Mushrooms

2 teaspoons fresh rosemary  
2 teaspoons fresh thyme  
4 tablespoons French shallots  
3 tablespoons organic butter or ghee  
1 cup button mushrooms  
1/2 cup shiitake mushrooms

## Method

Preheat the oven to 375 degrees Fahrenheit

Scrub the sweet potatoes and dry them off, then rub some virgin coconut oil and season each one with sea salt.

Bake them on a baking sheet lined with parchment paper for about 30-45 minutes. Keep checking them to see when they are tender to the touch.

While the sweet potatoes are cooking, prepare the mushroom topping.

Wipe the mushrooms clean with a damp cloth and slice them into thin slices.

Chop your fresh herbs very fine and set aside.

Chop your French shallots into very small dice and set aside.

Heat a large sauté pan on medium heat with 2 tablespoons of butter

Sautee the mushrooms in batches (so not to over crowd them) with the butter or ghee and allow them to brown.

Add some of the shallots and rosemary/thyme to each batch of mushrooms and season with salt and pepper.

Repeat with another batch of mushrooms until they are all beautifully brown. Add all of your sautéed mushrooms back to the pan, and add the last tablespoon of butter and lather the mushrooms with it.

Remove the pan from the heat after it has melted.

Once your sweet potatoes are nice and tender, remove them from the oven, cut them in half and remove the insides, making sure you do not tear the skin.

Mash or whip the potatoes with the coconut oil, chives and tarragon in a bowl.

Season with sea salt and pepper and stuff the mash back into the sweet potato skins.

Add the mushroom topping to the top of the stuffed potatoes and then place the cheese on top.

Broil the potatoes under the broiler until the cheese has melted and has reached a golden colour.

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