**Super-Fast Instant Pot Sweet Potatoes**

**Ingredients**

4 small sweet potatoes

**Directions**

1. Place the steaming rack on the bottom of the Instant Pot. Pierce sweet potatoes (each 2 inches wide; about 11/2 lbs total) with a fork.
2. Add 1/2 cup water to the pot, arrange sweet potatoes in a single layer, and lock the lid.
3. Cook on [Manual] high pressure for 14 minutes. Use natural release for 8 minutes, then quick-release any remaining pressure. Let potatoes cool slightly and serve with desired toppings.

**Suggested toppings:**  
  
1/4 cup shredded rotisserie chicken + 6 roasted broccoli florets + 1 Tbsp shredded sharp cheese  
  
3 Tbsp black beans + 1 heaping Tbsp pico de gallo +  1/4 avocado (diced)  
  
1/4 cup cooked quinoa + 3/4 cup baby arugula + 1/2 Tbsp crumbled goat cheese + 1 Tbsp chopped toasted walnuts + 2 tsp olive oil + 1 tsp lemon juice