



Make-ahead Recipe #2: Orange Puree

1 medium sweet potato or yam, peeled and rough chopped

3 medium to large carrots, peeled and sliced into thick chunks

2-3 tablespoons water

In a medium pot, cover carrots and potatoes with cold water and boil for about 20 minutes until yams, and especially the carrots, are very tender. If the carrots aren't thoroughly cooked, they'll leave telltale little nuggets of vegetables, which will reveal their presence (a gigantic NO-NO for the sneaky chef).

Drain the potatoes and carrots and put them in the bowl of food processor with two tablespoons of water. Puree on high until smooth; no pieces of carrots or potatoes should remain. Stop occasionally to push the contents from the top to the bottom. If necessary, use the third tablespoon of water to make a smooth puree, but the less water the better.

This makes about 2 cups of puree. Double the recipe if you want to store another cup of puree. Store in refrigerator up to 3 days, or freeze one-quarter cup portions in sealed baggies or small plastic containers.

Orange Puree is used in the following recipes:

- * Peanut Butter & Jelly Muffins
- * Power Pizza