

Caramelized Sweet Potatoes in Butter & Brown Sugar: Easy Skillet Recipe

Get ready to create a dish that's as comforting as a cherished family memory! These



TIME
2-3 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1/2 cup canola oil
1/2 cup butter (1 stick), unsalted recommended
3 sweet potatoes, medium-sized, peeled and sliced into 1/4-inch thick rounds
1/2 cup or more dark brown sugar, packed
1 teaspoon cinnamon

DIRECTIONS

1. Let's get these delicious : Caramelized Sweet Potatoes cooking!
2. Prepare : Sweet Potatoes: Peel the 3 medium sweet potatoes and slice them into uniform 1/4-inch thick rounds.
3. Heat : Fats: In a large frying pan or skillet, heat the 1/2 cup canola oil and 1/2 cup butter over medium heat until the butter is melted and the mixture is shimmering.
4. Initial : Cook & Season: Add the sweet potato slices to the hot pan in a single layer. Cook in batches if necessary to avoid overcrowding, which can steam the potatoes instead of caramelizing them. Cook for 2-3 minutes on each side until they start to soften slightly and get a light golden color.
5. First : Sugar & Cinnamon Sprinkle: Once lightly cooked on both sides, sprinkle a generous amount of dark brown sugar (about half of your 1/2 cup or more) and half of the 1 teaspoon cinnamon evenly over the top surface of each sweet potato slice. Cook for about 1 minute to allow the sugar to start melting.
6. Flip & : Second Sprinkle: Carefully turn each sweet potato slice. Sprinkle the remaining dark brown sugar and cinnamon evenly over the second side. Cook for another 1-2 minutes.
7. Caramelize & : Tenderize: When the sugar starts to visibly caramelize and form a sticky glaze on the potatoes, gently stir the sweet potato slices in the pan to ensure they are all coated with the delicious caramel. Continue turning them frequently to prevent burning, letting them cook for an additional 2-3 minutes or until they are fork-tender and beautifully

glazed. The total cooking time will be approximately 10-15 minutes, depending on your heat and the thickness of the slices.

8. **Serve:** Remove from heat and serve immediately. Enjoy these warm, sweet, and tender sweet potatoes! They are delicious with smoked sausage, eggs, and toast for breakfast, or as a side with dinner.

SWAPS & NOTES

Sweet Potatoes: Choose firm, unblemished sweet potatoes.

Slicing them into consistent 1/4-inch thick rounds is crucial for even cooking and tender results.

Canola Oil & Butter: The combination of oil and butter is perfect: the oil allows for higher heat without burning, while the butter adds incredible flavor and helps with caramelization.

Unsalted butter is preferred to control saltiness.

TIPS FOR SUCCESS

Consistent Slices: Ensure your sweet potato slices are uniformly thick for even cooking.

Don't Overcrowd: Cook in batches if your skillet isn't large enough.

Overcrowding lowers the pan temperature and prevents proper caramelization.

This allows the sweet potatoes to cook through and become tender without burning the sugar.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/caramelized-sweet-potatoes-in-butter-brown-sugar-easy-skillet-recipe/>