



Sweet Potato & Parsnip Ravioli with Pecan Sucanat Sauce



MAKES 24+ RAVIOLI

TOOLS

Saucepan
Mandoline slicer
Tongs
Roasting dish
Paper towel
Large plate

INGREDIENTS

2 large parsnips
1 large sweet potato
2 cups + 4 tbsp low sodium vegetable broth
3 tbsp sucanat
½ cup + 1 tbsp unrefined coconut oil
1 ½ tsp arrowroot
¼ tsp salt (you can add more to taste)
Fresh ground black pepper to taste

STEPS

1. Preheat oven to 350°F.
2. Using mandoline slicer, shave sweet potato as thin as possible, into rounds. Very thin is crucial for ravioli texture success. Stack them and set aside.
3. Peel and dice parsnip. Place in a roasting dish with 1 tsp coconut oil and 2 tbsp water. Roast for 30 minutes.

4. While parsnips roast, heat ½ cup coconut oil to medium high in saucepan. Lay out a plate with a few sheets of paper towel on top. Get your tongs ready.

5. Drop 2 thin slices of sweet potato in coconut oil and count to 5-Mississippi. Using tongs, remove and place on a paper towel. You want the oil to soften the sweet potato, not fry it into a chip. Repeat these steps until you soften all slices of sweet potato. If you need to heat up more coconut oil to finish, go ahead.

6. Once parsnips are roasted and easily pierced with knife, transfer them to a large glass bowl. Add 1 tbsp coconut oil, 3 tbsp vegetable broth, ¼ tsp salt and some fresh ground pepper—mash it up with a fork. You can also prepare this filling by pulsing in the food processor until smooth. It depends on what you like for your filling— more texture or smooth.

7. Toast some pecans in the oven on a parchment-lined cookie sheet for 5-7 minutes. Set aside.

8. Using a small spoon, or fork, place a dollop of parsnip filling on top of a sweet potato slice. Top with another sweet potato slice and press down the edges. Repeat until you make all of your raviolis.

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9. Transfer raviolis to a parchment lined cookie sheet or large plate.

10. In a saucepan, warm vegetable broth and sucanat over medium-high heat, until a boil begins.

11. In a small glass, or dish, stir together 1 tbsp vegetable broth and arrowroot until thoroughly mixed. Pour into boiling sauce. Add pecans, stir 2 minutes and then remove from heat.

12. Serve raviolis topped with sauce.

IF YOU MAKE THIS RECIPE...

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