



Harvest Mashed Potatoes

Servings 8 | Prep time 35 mins. | Total time 1 hour 20 mins.

Equipment: Large Pot, Small Bowl, Measuring Cups and Spoons

Utensils: Potato Masher or Fork, Mixing Spoon

Ingredients

6 medium potatoes, peeled, cut into chunks
2 carrots, peeled, chopped
3 cloves garlic, minced or ½ tablespoon garlic powder
1/2 cup low sodium vegetable broth
1 tablespoon butter
Salt, to taste

Instructions

1. Before you begin, wash your hands, surfaces, produce, and utensils.
2. Combine potatoes and carrots in a large pot and fill with cold water. Bring to a boil and cook 5 minutes.
3. Add garlic and reduce heat to simmer until potatoes and carrots are tender, about 40 minutes.
4. Drain and keep 1 cup of the cooking liquid, set aside in a small bowl.
5. Return the potatoes and carrots to the pot and mash with a hand masher or fork.
6. Add vegetable broth and butter to the mashed potatoes and carrots and mix over medium-low heat, until combined evenly. Add in salt to taste.
7. If necessary, add the reserved cooking liquid until the potatoes reach the desired thickness.

Nutritional Information:

Calories 130
Total Fat 1.5g
Sodium 70mg
Total Carbs 27g
Protein 2g