



# Harvest Mashed Potatoes

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

## Equipment:

Large pot  
Small bowl

## Utensils:

Potato masher or fork  
Mixing spoon  
Measuring cups and spoons

## Ingredients

6 medium potatoes, peeled and cubed  
2 carrots, peeled and chopped  
3 cloves garlic, minced OR 1 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, utensils, and produce.
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 potato 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