Mashed Potatoes

These mashed potatoes are packed with flavor!

About the Recipe

232 Calories · 9.6 g Protein · 8.3 g Fiber
Side Dish

Ingredients

Makes 4 Servings

- 2 pounds potatoes, russet or Yukon Gold, cut into 1-inch cubes
- 1 medium onion, diced
- 1/3 cup low-sodium vegetable broth
- 4 cloves garlic, finely chopped
- 1 cup unsweetened soy milk or nondairy milk of choice
- 3 tbsp. nutritional yeast
- 1 tbsp. chives, finely diced
- 1/2 tsp. pepper
- to taste salt
- 1/2 tsp. paprika

Directions

1. Add potatoes to a large pot and fill with water until potatoes are submerged. Cook over high heat until water comes to a boil. Then, bring heat to medium-low so that the water simmers for 20-25 minutes or until potatoes start to break apart. Put potatoes in colander to remove water and then put the potatoes back in the pot. Add nondairy milk to potatoes and mash or purée with a hand mixer/immersion stick until creamy.
2. Place onions in a preheated skillet. Cook over medium-low heat for 3 minutes, constantly stirring so that the onion begins to turn golden. Cook an additional 6

minutes to soften the onions with the broth and garlic stirring occasionally.

3. Transfer skillet items into creamed potatoes and thoroughly stir in the nutritional yeast, chives, salt, and pepper. Add additional chives, pepper, and salt to taste. Transfer to serving bowl and sprinkle with paprika. Serve immediately.

Nutrition Facts

Per serving

Calories: 232
Fat: 1.6 g
    Saturated Fat: 0.3 g
    Calories from Fat: 6%
Cholesterol: 0 mg
Protein: 9.6 g
Carbohydrates: 48 g
Sugar: 3.8 g
Fiber: 8.3 g
Sodium: 87 mg
Calcium: 142 mg
Iron: 4.5 mg
Vitamin C: 31 mg
Beta-Carotene: 147 mcg
Vitamin E: 0.4 mcg