Classic Mashed Potatoes

About the Recipe

186 Calories · 3 g Protein · 3 g Fiber
Side Dish

Ingredients

Makes 8 Servings

- 3 pounds russet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup (56 g) soy-free vegan butter (see note for oil-free)
- 1/4 cup (2 fl oz) nondairy milk
- 1 teaspoon sea salt, plus more for water
- 1/2 teaspoon ground black pepper

Directions

1. Add the potatoes to a large stockpot and cover with water. Salt the water generously, cover, and bring to a boil over medium-high heat. Cook the potatoes for 13-15 minutes until fork tender.
2. Drain and return the potatoes to the stockpot. Add the butter, milk, salt, and pepper and mash to combine.
3. OIL-FREE OPTION: Add 2 cups (170 g) cauliflower florets and 3/4 cup nondairy milk to a small sauce pot. Bring to a boil, reduce to a simmer, partially cover leaving the lid cracked open, and let cook for 5 minutes until cauliflower is fork tender. Transfer to a blender and add 1/4 cup (22 g) nutritional yeast, 1/2 teaspoon garlic powder, and 1/4 teaspoon sea salt. Blend until smooth and creamy. Omit the butter and milk from this recipe and use this cauliflower mixture in their place.

Nutrition Facts

Per serving:
Calories: 186
Fat: 6 g
    Saturated Fat: 1 g
    % Calories From Fat: 28%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 32 g
Sugar: 1 g
Fiber: 3 g
Sodium: 721 mg
Calcium: 23 mg
Iron: 1 mg
Vitamin C: 11 mg
Beta-Carotene: 36 mcg
Vitamin E: 1 mg