

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