

# 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