



Mashed Potatoes



Makes 4 servings

Ingredients

- ☐ 3 large yellow potatoes
- ☐ 1 TBSP salt (for water)
- ☐ 2 - 4 TBSP butter
- ☐ 1 tsp salt
- ☐ 2 TBSP non-dairy milk

Directions

1. Put a pot of water on to boil, add salt
2. Peel the potatoes, cut into 2 inch chunks
3. Put potatoes in boiling water; cook until tender - about 30 minutes (check with fork)
4. When potatoes are cooked, drain water and use a potato masher to mash. Add butter, salt, and mix until smooth. Add non-dairy milk as needed to make potatoes desired consistency