

Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Mashed Potato with Carrots

By Mary McDougall

Mary's comment: "I used peeled russet potatoes in this recipe, but other kinds of potatoes could also be used; even sweet potatoes would work well."

Serves: 6; Prep Time: 15 min; Cook Time: 30 min

Ingredients

- 8 Medium russet potatoes, cut into large chunks
- 2 Carrots, cut into 1-inch pieces
- 1 Cup Non-dairy milk
- 1/8 Cup Honey
- 1 Jalapeno pepper, seeded and minced

Directions

1. Place the potatoes and carrots in water to cover in a stainless-steel pot, bring to a boil.
2. Cover and cook until tender, about 20 minutes.
3. Drain.
4. Add non-dairy milk to the pot and mash well using a hand potato/bean masher.
5. Stir in the honey and jalapeno pepper.
6. Mix well.
7. Return to heat and cook until heated through before serving.

Mary's Hints: Potatoes and carrots may be peeled before using in this recipe, or just scrub them well and proceed as directed above. This is a slightly sweet dish, even more so if you use sweet potatoes instead of white potatoes. Agave nectar may be used instead of the honey, if desired. I usually just serve this plain, with vegetables on the side, but it may be spiced up with a bit of Sriracha hot sauce, or another sauce or gravy.