

Mashed Potatoes 'n' Brussel Sprouts

PREP TIME: 30 MIN | COOK TIME: 20 MIN | SERVINGS: 6-8

INGREDIENTS:

- 2- 3 large potatoes, peeled and quartered
- 1 cup of brussels sprouts, cut in half
- 1 garlic clove, peeled
 - or 1 tsp garlic powder
- 1 tbsp butter, dairy-alternative if needed
- 1 tsp salt
- 1/4 tsp dried basil
- 1/8 tsp pepper
- 1 cup of milk, optional
 - can be swapped for dairy-free alternative

RECIPE NOTES:

- The milk will make it creamier! But it is optional.
- An alternative to blending the ingredients, mash with a fork and thinly cut vegetables

DIRECTIONS:

- Boil 2 cups of water in a large saucepan. Add your potatoes in once boiling, covering, and cooking for 15-20 minutes or until tender.
- In a smaller saucepan, boil 1 cup of water. Reduce heat and place your brussel sprouts in, covering and cooking for 5 minutes. Add garlic and cook for 3-5 minutes or until tender.
- Drain potatoes, brussels sprouts, and garlic, allowing them to cool.
- Place your brussels sprouts, potatoes, garlic, butter, salt, dried basil, and pepper into a blender or food processor, processing until smooth in consistency.
- Plate and enjoy!

@SFSTATECARES



ADAPTED FROM
TASTE OF HOME.COM