

Mashed Potatoes & Gravy

INGREDIENTS

Mashed Potatoes:

- 3 lbs baby dutch yellow potatoes
- 1/2 cup unsweetened almond milk
- 1/4 cup plant-based butter
- 2 tsp garlic powder, onion powder, salt, and pepper

Gravy:

- 1 quart vegetable broth
- 2 tbsp plant-based butter
- 4 tbsp flour
- 2 tsp garlic powder, onion powder, salt, and pepper



DIRECTIONS

Mashed Potatoes:

1. Peel and chop potatoes
2. Soak in cold water for 10 mins
3. Boil on high heat for 10 mins
4. Mash the potatoes
5. Add 1/2 cup almond milk and 1/4 cup plant-based butter
6. Season with 2 tsp of garlic power, onion powder, salt, and pepper

Gravy:

1. Melt 2 tbsp plant-based butter in a pan on medium heat
2. Mix in 1 quart veggie broth and 4 tbsp of flour in small amounts, stirring to avoid clumps
3. Season with 2 tsp of garlic power, onion powder, salt, and pepper
4. Add on top of mashed potatoes and top with parsley

