



## Carrot Mash

Makes 6-8 servings

Make on stove top

### INGREDIENTS

4 medium Yukon Gold potatoes,  
peeled and quartered  
3 medium carrots, peeled, cut  
to ½ inch pieces (2 cups)  
¼ cup chopped onion  
2 garlic cloves, minced



½ cup whole milk or rice milk  
3 tablespoons butter or  
coconut oil  
⅛ teaspoon black pepper  
1 teaspoon fresh thyme,  
chopped  
Salt to taste



### DIRECTIONS

Place in medium saucepan, cover  
with water. **Bring to a boil. Reduce  
heat; cover and simmer for 20  
minutes or until tender.** Drain,  
reserving ¾ cups of the water and  
return vegetables to saucepan.

Add to above, mash until smooth.  
Add remaining liquid to desired  
consistency. Serve warm.

