

Mashed Cauli-Tatoes

Serves 8



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 5 cups yukon gold potatoes (about 2 pounds), peeled and cut into ½ inch pieces
- 5 cups cauliflower florets (1 medium head)
- 3 tablespoons olive oil
- ½ cup plain, unsweetened plant milk such as cashew or almond
- ½ teaspoon salt
- ½ teaspoon black pepper

Directions

1. Place potatoes in a stockpot and cover with water and a lid. Bring to a boil over medium-high heat and cook until they begin to soften, about 5 minutes.
2. Add cauliflower to the pot on top of the potatoes and cover. Continue cooking until a knife slides easily into the cauliflower and potatoes, about 10 minutes more, adding more water if necessary.
3. Drain the cauliflower and potatoes, then mash with a potato masher in the pot or a large bowl. Add oil and ¼ cup milk and continue mashing. Add salt and pepper to taste, and more milk if necessary to reach desired consistency.

Notes

- You can substitute butter (or plant-based butter) for the olive oil.
- If you don't have a potato masher, you can use a whisk, fork, immersion blender, or hand mixer. Just be sure not to overmix with a hand mixer because it may make the texture gummy.
- For more flavor, try adding roasted or sautéed garlic.
- To make a quick mushroom gravy, sauté sliced mushrooms in oil until lightly browned (about 5-7 minutes), add flour and stir constantly for 1 minute. Add vegetable broth and bring to a simmer, lowering heat if necessary. Stir frequently until it thickens, about 5 minutes. Add more flour if it's too thin or more water or broth if it's too thick. Add salt and pepper to taste.

Common Allergens: Check plant milk labels

Recipe from Plant-Based and Planet-Friendly cooking class, Fall 2019