



Creamy Mashed Potatoes

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

148.7 calories, 19.52 g carbohydrate, 1.38 g fiber, 18.14 g NET carbs, 2.49 g protein, 7.2 g fat

Ingredients

- 4 medium(s) organic Russet potatoes
- 1/3 cup(s) organic heavy cream
- 1 ounce grass-fed ghee
- 3/4 tsp(s) sea salt

Preparation

1. Fill a large pot with water, sprinkle with salt and bring to a boil.
2. Peel the potatoes and cut into $\frac{1}{2}$ inch sized slices. Add to the boiling water.
3. Cook for about 15-20 minutes, until you can easily stab the potatoes with a knife.
4. Strain the potatoes and put them into a large bowl. Add heavy cream, ghee, and salt. Using a potato masher or a wooden spoon, mash to desired consistency.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.