



Makes 6 cups
Preparation Time: 35 minutes
Cook Time: 25 minutes

INGREDIENTS:

3 medium yellow onions, cut into thin wedges

1 teaspoon packed brown sugar (optional)

3 lb. Yukon gold potatoes

2 cloves garlic, halved

½ to 1 cup unsweetened, unflavored plant-based milk

2 tablespoons raw cashews, soaked (see tip in intro)

1 tablespoon nutritional yeast

Cayenne pepper, to taste

Sea salt, to taste

Freshly ground black pepper, to taste

2 tablespoons chopped fresh chives

Caramelized Onion Mashed Potatoes

Equal parts savory and sweet, caramelized **onions** are a surefire way to add a special touch to any dish. Here, creamy mashed potatoes get a boost of flavor from the deeply browned onion slices and are sprinkled with chives for an herbaceous finishing touch. But the toppings aren't the only ingredients that make these spuds extra tasty: A blend of creamy cashews and cheesy **nutritional yeast** are mixed into the mash to create a velvety texture that melts in your mouth. If you want to get a head start on this recipe, you can make the caramelized onions up to three days in advance and store them in an airtight container. Pro tip: If you choose sweet yellow onions, feel free to skip the brown sugar; you'll still get luscious caramelized goodness.

Tip: Soak cashews in very hot water 15 minutes; drain. Rinse cashews and drain again. Place in an airtight container. Store in the refrigerator up to 5 days or freeze up to 3 months.

For more vegan caramelized onion recipes, check out these tasty ideas:

- [Vegan Galette with Caramelized Onion and Vegetables](#)
- [Skillet Green Beans with Caramelized Onions and Mushrooms](#)
- [Caramelized Onion & Pepper Vegan Quesadillas](#)
- [Polenta Pizza with Pesto, Caramelized Onions and Potatoes](#)

By Nancy Macklin, RDN

- 1** In a large skillet cook onions over medium 25 to 30 minutes or until well browned, stirring occasionally and adding water, 1 to 2 teaspoons at a time, as needed to prevent sticking. After 10 minutes, if desired, add brown sugar. When onions are done, remove skillet from heat.
- 2** In a large saucepan combine potatoes and garlic; add water to cover. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until potatoes are very tender. Drain well. Mash until mostly smooth.
- 3** Meanwhile, in a small blender or food processor combine ½ cup milk, the cashews, nutritional yeast, and cayenne pepper. Cover and blend until very smooth. Gradually stir into mashed potatoes; stir in additional milk if needed to make creamy. Season with salt and black pepper.
- 4** Top mashed potatoes with caramelized onions and sprinkle with chives.