



Makes 4-6 servings
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

water

4 large russet potatoes, peeled

2 teaspoons garlic powder

1 teaspoon granulated onion

½ to ¾ cup cooking water

Vegan Mashed Potatoes

Just thinking about mashed potatoes makes me swoon—they're so fluffy and belly-pleasing. But all the butter, milk, and cream that are typically added are not pleasing at all. Below you'll find an easy recipe for basic dairy-free, vegan mashed potatoes.

From straightupfood.com

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Cathy Fisher

- 1 Cut the potatoes into chunks. In a soup pot, cover the potatoes with water. Add the garlic powder and granulated onion, and bring to a boil. Boil on med-high until potatoes are soft and easily pierced with a fork and starting to fall apart, about 10-15 minutes.
- 2 Drain the potatoes and place into a large bowl (but keep the cooking water handy). Using a handheld electric beater, blend the potatoes on low, adding the cooking water gradually until you reach your desired consistency. Serve with pepper and chives, or finely chopped, cooked broccoli.