

Garlic Mashed Potatoes

IOWA

Student Wellness

Ingredients

- 5 pounds Russet potatoes, cut into 1 or 2 inch pieces (peeling is optional)
- 2 cups low fat milk
- 2 cups low sodium chicken or vegetable broth
- 3-5 large cloves fresh garlic (depends on how much you can handle!)
- 1/2 cup low fat sour cream
- 1/2 cup butter
- 1– 1 1/2 teaspoons salt



Directions

1. Place the potatoes, milk, broth, and garlic in a slow cooker, with the garlic sitting on top.
2. Cover and cook for 4-5 hours on HIGH or 7-8 hours on LOW.
3. When the potatoes are very tender, mash directly in the bowl of the slow cooker to incorporate everything to your desired consistency.
4. Stir in the salt (to taste), butter, and sour cream. Taste and adjust seasoning, mix or mash any more if needed, and serve.

Note: to make potatoes extra creamy, “mash” using an electric mixer.