Garlic Mashed Potatoes

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Place potatoes and garlic in a saucepan; cover with water. Bring to a boil over medium heat, reduce heat and simmer 30 minutes or until potatoes are tender. Drain. Add soymilk, butter, salt and pepper. Beat with an electric mixer until smooth.

Yield: 6 Servings

INGREDIENTS:

- 2 1/2 lbs. Yukon Gold Potatoes
- 4 cloves garlic, sliced
- 2/3 cup plain soymilk
- 2 tbsp butter
- 1/2 tsp salt
- 1/4 tsp pepper

Per serving:

- Calories: 223
- Total fat: 4.3 g
- Saturated fat: 1.9 g
- Protein: 5.6 g
- Carbohydrate: 35.2 g
- Fiber: 2.6 g
- Cholesterol: 10 mg
- Iron: 1.7 mg
- Sodium: 238 mg
- Calcium: 6 mg

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