

## IP PC Mashed Potatoes

---

6 medium potatoes  
2 cups water

4 Tbs non dairy milk

### Procedure

---

- 1 Place 5-8 medium washed potatoes in the Instant Pot, Select thinner over fatter potatoes to ensure thorough cooking. Pour on the water and sprinkle.
- 2 Close and lock the lid of the Instant Pot. Press [Manual] and then use the [+] or [-] button to choose 20 minutes pressure cooking time.
- 3 When time is up, open the cooker using Quick Pressure Release.
- 4 Transfer potatoes to mixing bowl, reserving the cooking water. Remove the skins while they are still hot.
- 5 Add two tablespoons of the cooking liquid and two of non-dairy milk and begin mashing with a potato masher or the back of a sturdy mixing spoon. Continue adding 2 tablespoons of the cooking liquid and non-dairy milk until the desired consistency is reached. Add any additional salt and pepper to taste.

Servings: 8

### Nutrition Facts

---

Nutrition (per serving): 124 calories, 2 calories from fat, <1g total fat, 0mg cholesterol, 17mg sodium, 673.1mg potassium, 27.9g carbohydrates, 3.6g fiber, 1.3g sugar, 3.3g protein.