

Homemade Mashed Potatoes

A creamy comfort food that is quick and easy to prepare.

Makes: 8 servings

Ingredients

- 2 pounds potatoes (6 medium)
- 1 cup milk
- 3 tablespoons butter
- 1 teaspoon salt
- ½ teaspoon black pepper



Directions

1. Peel the potatoes and cut into chunks.
2. Put the potatoes in a medium saucepan with enough water to cover.
3. Cook the potatoes on medium heat for 15 minutes or until tender.
4. Remove the potatoes from the heat and drain.
5. Mash the potatoes with a fork or potato masher.
6. Stir in enough milk to make the potatoes smooth and creamy.
7. Add the butter, salt, and pepper.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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