

White Bean Mashed Potatoes

serves 6

You can vary this dish by using different types of potatoes.

Ingredients:

2 lb. (1 kg) potatoes , diced
2 cups canned white beans, drained and rinsed

½ cup milk or cream
¼ cup butter (or to taste)
Salt and pepper to taste



Directions:

Cover the potatoes with water in a large pot and bring to a boil.

Cook for about 15 minutes

Drain and add the beans, milk, butter, salt and pepper.

Mash with a potato masher until it's as smooth as you like.

Enjoy!

Notes:

- It's time-saving to leave the potato skin on when you make this dish. Peel only if you wish.
- Russet potatoes are the ones that look "dusty". They will soak up more butter and milk than other types of potatoes (e.g Yukon Gold that naturally taste buttery.)
- Canned beans mash more easily than simmered dry beans. If you want to cook your own beans, add a clove of garlic to the water and overcook them so they will mash easily by hand. You can also use a food processor to mash them.
- Substitute olive oil for some or part of the butter
- Add finely chopped and parsley when you mash the potatoes for extra flavour and colour



Adapted from
Spilling the Beans