



## Crock Pot Mashed Potatoes

(Gluten-Free, Nut-Free, Egg-Free. Adaptions for Dairy-Free)

### Ingredients:

**5 pounds yukon or red potatoes, cut into chunks**

**6 cloves minced garlic, or more to taste**

**2 cubes gluten-free vegetable or chicken bouillon cubes**

**1 (8 ounce) package cream cheese, softened (For Dairy-Free version: use Follow Your Heart Cream Cheese Alternative or Tofutti Better Than Cream Cheese)**

**3/4 cup plain Greek-Style yogurt OR Sour Cream (For Dairy-Free version: use Dairy-free yogurt alternative or Follow Your Heart Sour Cream Alternative or Tofutti Better Than Sour Cream)**

**Salt and pepper to taste**

### Directions:

- 1. Place potatoes, garlic, and bouillon cubes in a large pot of lightly salted water and bring to a simmer. Cook until potatoes are tender but firm, about 15 minutes. Drain, *reserving water*. If you left the skins on during simmering, peel once cool enough to handle (or leave on, to add texture and flavor to your dish).**
- 2. Put potatoes through a potato ricer or use a masher. Then mix with the cream cheese (or Dairy-Free alternative) and yogurt or sour cream (or Dairy-Free alternative), adding reserved water as needed until the mixture reaches the desired consistency.**
- 3. Transfer the potato mixture to a slow cooker, cover with a dish towel, then place lid over the dish towel (to prevent the moisture from dripping off lid and falling into the potatoes). Cook on Low for 2 to 3 hours. Just before serving, season with salt and pepper to taste.**