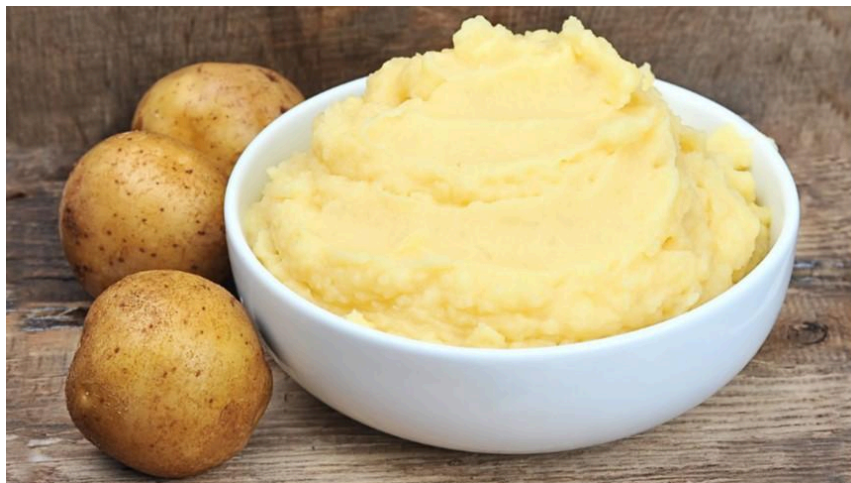


# Mashed Potatoes

10 medium potatoes makes about 6-7 cups



## Ingredients

10 medium potatoes

¼ cup milk

**Seasonings:** italian seasoning, oregano, garlic salt, minced garlic (optional)

## Directions:

1. Wash the potatoes and cut into 2-3" chunks.
2. Boil potatoes until they are tender all the way through.
3. In a mixing bowl, beat the potatoes with a mixer until smooth.
4. Add the milk and combine well.
5. Add any seasonings you like and mix thoroughly. Or, I like to add a clove of minced garlic.
6. Line your trays with silicone mats. Silicone works better than parchment in this case.
7. Pre-freeze when possible
8. Freeze dry (my cycle time was 25 hours)
9. To make a portion of these into instant mashed potatoes (like the store-bought flakes), simply blend them in a food processor or blender until they reach a fine, powdery consistency.
10. Store in mylar bags for long-term storage

## Rehydration:

Add boiling water to the mashed potatoes at a 1:1 ratio. Add 1 tablespoon of butter per cup of potatoes. Let sit for 2-3 minutes, stirring several times. You can thin or thicken the mashed potatoes to your taste by controlling the water you add.

For instant mashed potato powder rehydration, microwave (or boil) 1 cup HOT water + ¼ Cup milk + 1 tbsp butter. Add ½ cup potato powder to the flakes and whip, let sit for 3-5 minutes

## Notes:

It is up to you if you wish to peel the potatoes first. The skins will freeze dry fine if you leave them on.

To ensure long term storage, do not add butter to the recipe prior to freeze drying or you may shorten the shelf life.

## Nutritional Value Per 1 cup potatoes

Calories: 175 Protein: 4 g Fat: 0 g Carbohydrates: 40 g Sugar: 2 g Fiber: 3 g