

Mashed New Potatoes & Turnips

Courtesy of Carole's Creations

Prep Time: 15 minutes

Cooking Time: 15 minutes

Serves: 6

CChints: This is a yummy twist to regular mashed potatoes. Cook the potatoes in a pot that you can use with your electric hand mixer without damaging your pot. This will save you on clean up. You might need to beat the mixture in another large bowl so you don't damage your pot.



1 stick unsalted butter, softened and divided
1/2 cup reduced fat sour cream
1/4 cup skim milk
4 large new potatoes or 5 medium
3 medium size turnips, peeled
3 gloves minced garlic, fresh or from a jar
Salt and pepper to taste

Take the butter out of the refrigerator and sit it on the counter to soften while the potatoes cook. You can take out the sour cream and the milk, too. If they are added to the cooked potato mixture right out of the refrigerator, they will bring down the temperature of the dis.

So that potatoes don't start to brown as you cut them, put 4 cups or more water in a large pot that you can use for boiling them. Wash potatoes and leave the skins on them. Cut them into thin slices, about 1/4 inch. Drop them in the pot of water as you cut them.

Peel and slice the turnips 1/4 inch thick as well and drop them in with the potatoes. Bring the pot to a boil and it will help to bring the water to a boil if you cover the pot. Boil for 10-15 minutes and you will need to turn the heat down after it reaches a boil so it doesn't boil over. After 10 minutes, use a fork to see if the potatoes are done when they break easily. If they are not, continue cooking until they are done.

Drain this mixture into a large colander and pour them back into the pan. Use an electric mixer to gently beat the mixture. It is okay to leave some bumps. Fold in half a stick of butter, the sour cream and garlic. Gently beat for a few seconds. If the mixture is too thick, pour in half of the milk and beat again for a second. Add more milk if you need to in order to get it the consistency you like. Salt and pepper to taste.

Spoon the mixture into a large serving bowl and serve quickly with the remaining half stick of butter on a small plate if anyone would like a bit of butter on top.

Great with BBQ meatloaf found on this website.