

ORGANIC MASHED POTATOES HOMESTYLE

You'll Need For 4 Servings:



Stovetop Directions

1. Place buttery spread and water in a saucepan and heat to a boil.
2. Remove from heat and stir in Organic Mashed Potatoes.
3. Add milk and stir thoroughly with fork to achieve desired consistency. Do not whip.

Microwave Directions

1. Place buttery spread, milk and water in a microwave-safe bowl. Heat on high for 45 seconds to 1 minute until buttery spread is melted and water is almost boiling.
2. Stir in Organic Mashed Potatoes.
3. Microwave on high for 3 1/2 minutes.
4. Stir thoroughly with fork to achieve consistency. Do not whip.

Quickest Preparation

Pour boiling water and buttery spread into a bowl. Sprinkle in the Organic Mashed Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

For Creamier Potatoes

Add more milk (stir in 1 Tbsp at a time to reach desired consistency).

For Firmer Potatoes

Let sit 2-3 minutes before serving. Refrigerate leftovers and serve within 3 days.

Nutrition Facts

About 4 servings per container
Serving Size 1/3 cup dry mix (25g)

	Per 25g		Per prepared	
		% DV*		% DV*
Calories	90		120	
Total Fat	0g	0%	3g	4%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	180mg	8%	230mg	10%
Total Carb.	20g	7%	21g	8%
Dietary Fiber	2g	7%	2g	7%
Total Sugars	less than 1g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	2g		3g	
Vitamin D	0mcg	0%	0.4mcg	2%
Calcium	0mg	0%	52mg	4%
Iron	0.4mg	2%	0.4mg	2%
Potassium	282mg	6%	282mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients:

- Organic Potato Flakes,
- Organic Onion Powder,
- Sea Salt,
- Organic Black Pepper.

Edward & Sons Trading Co., Inc.

PO Box 1326
Carpinteria, CA 93014 USA
edwardandsons.com
Certified organic by QAI

Convenience Without Compromise®

email: custserv@edwardandsons.com

Product of USA

Organic is more than just Non-GMO.

Organic certification prohibits the use of GMOs and other unwelcome ingredients. Organic agriculture provides a premium to farmers and promotes sustainable farming practices, which build healthy soil and support biodiversity.



Shepherd's Pie Recipe Serves 6-8



Ingredients:

- 1 medium onion, diced
- 1 Tbsp oil
- 1 Tbsp The Wizard's® Organic Vegan Worcestershire Sauce
- 12 oz vegan ground burger or soy crumbles
- 1 packet Road's End Organics® Shiitake Mushroom Gravy
- 1 1/2 cups hot water
- 1 box Edward & Sons Organic Mashed Potatoes
- dried parsley (to taste)

Directions:

Preheat oven to 350° F. In frying pan, sauté onions in oil until light brown. Stir in Worcestershire Sauce and then add ground burger. Continue stirring until warm and thoroughly mixed. Sprinkle in gravy packet contents. Add hot water and stir well - gravy thickens as heated. Do not overcook; mixture should retain a sauce-like consistency. Spread mixture into oven-safe 8" x 8" baking pan. Prepare package of Organic Mashed Potatoes as directed. Spread mashed potatoes evenly on top of burger mixture and sprinkle with parsley. Bake for 30 - 45 minutes. Enjoy!



Find our products at your favorite food store, e-retailer or edwardandsons.com



ORGANIC MASHED POTATOES HOMESTYLE



QUICK COOKING READY IN 5 MINUTES



MAKES 4 SERVINGS

ORGANIC MASHED POTATOES HOMESTYLE



NET WT 3.5 OZ 100g

Convenience Without Compromise®



©2022 Edward & Sons Trading Company, Inc.

ORGANIC MASHED POTATOES HOMESTYLE

Serving Suggestions:

- Just before serving, fold in cooked peas, corn or broccoli florets, and Native Forest® Organic Mushrooms.



- Smother prepared potatoes with any of Road's End Organics® Quick Gravies - all are organic, vegan, gluten-free and delicious.



@edwardandsons