

ORGANIC MASHED POTATOES

ROASTED GARLIC

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	
Calories	90		120	
	% DV*		% DV*	
Total Fat	0g	0%	3g	4%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	170mg	7%	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,
Organic Roasted Garlic, Sea
Salt, Organic Black Pepper.

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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.



Roasted Garlic
Potato-Broccoli Soup
Recipe Serves 6-8



Ingredients:

3 - 4 cups fresh cut broccoli
2 cups water
1 Edward & Sons Not-Chick'n™
Bouillon Cube
1 cup milk (dairy or non-dairy)
1 box Edward & Sons Organic
Roasted Garlic Mashed Potatoes

Directions:

Prepare the Organic Mashed Potatoes as directed on the box and set aside.

In a saucepan, bring 2 cups of water to a boil. Lower heat, add broccoli and simmer until tender.

Add bouillon cube and simmer until cube is dissolved. Puree in food processor or blender.

Add milk and heat until just boiling.

Stir in prepared mashed potatoes until desired thickness is reached.

Optional: Add salt and pepper to taste. May replace broccoli with asparagus.

Enjoy!



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ORGANIC MASHED POTATOES

ROASTED GARLIC



QUICK COOKING
READY IN 5 MINUTES



MAKES
4
SERVINGS

ORGANIC MASHED POTATOES

ROASTED GARLIC



NET WT
3.5 oz 100g

Convenience
Without
Compromise®



ROASTED GARLIC

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.



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