

Eat Well Recipe

Crockpot Mashed Potatoes

Ingredients:

- 5 pounds red potatoes, cut into chunks
- 1 tablespoon minced garlic, or to taste
- 3 cubes chicken bouillon
- 1 (8 ounce) container low-fat sour cream
- 1 (8 ounce) package light cream cheese, softened
- 1/2 cup butter
- salt and pepper to taste

Directions:

In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 minutes. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer the potato mixture to a slow cooker, cover, and cook on Low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper to taste.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed/

Eat Well Recipe

Crockpot Mashed Potatoes

Ingredients:

- 5 pounds red potatoes, cut into chunks
- 1 tablespoon minced garlic, or to taste
- 3 cubes chicken bouillon
- 1 (8 ounce) container low-fat sour cream
- 1 (8 ounce) package light cream cheese, softened
- 1/2 cup butter
- salt and pepper to taste

Directions:

In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 minutes. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer the potato mixture to a slow cooker, cover, and cook on Low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper to taste.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed/

Eat Well Recipe

Crockpot Mashed Potatoes

Ingredients:

- 5 pounds red potatoes, cut into chunks
- 1 tablespoon minced garlic, or to taste
- 3 cubes chicken bouillon
- 1 (8 ounce) container low-fat sour cream
- 1 (8 ounce) package light cream cheese, softened
- 1/2 cup butter
- salt and pepper to taste

Directions:

In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 minutes. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer the potato mixture to a slow cooker, cover, and cook on Low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper to taste.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed/

Eat Well Recipe

Crockpot Mashed Potatoes

Ingredients:

- 5 pounds red potatoes, cut into chunks
- 1 tablespoon minced garlic, or to taste
- 3 cubes chicken bouillon
- 1 (8 ounce) container low-fat sour cream
- 1 (8 ounce) package light cream cheese, softened
- 1/2 cup butter
- salt and pepper to taste

Directions:

In a large pot of lightly salted boiling water, cook the potatoes, garlic, and bouillon until potatoes are tender but firm, about 15 minutes. Drain, reserving water. In a bowl, mash potatoes with sour cream and cream cheese, adding reserved water as needed to attain desired consistency. Transfer the potato mixture to a slow cooker, cover, and cook on Low for 2 to 3 hours. Just before serving, stir in butter and season with salt and pepper to taste.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed/