

3 Dinners Mini Menu #27- Mashed Potato Meals

Grocery List

Potatoes (5lb)
Milk (1 pint)
Butter
Rotisserie Chicken
Black Beans (15oz)
Corn (14.5oz)
Ground Turkey (1lb)
Onion
Frozen Mixed Veggie (12oz)
Brown Gravy Pack
Chicken Broth (32oz)
Frozen Broccoli (12oz)
Bacon Bits
Cheddar Cheese (8oz)

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Big Batch Mashed

Potatoes

10-12 medium potatoes
1/2-3/4 cup milk (adjust for texture)
4 tbsp butter or margarine
Favorite Seasonings*

1. Peel and cut potatoes into chunks. (Peeling is optional)
Add to a large pot and cover with water.
2. Bring to a boil, reduce heat, and simmer until tender (about 15-18 minutes).
3. Drain and return potatoes to the pot. Add butter, milk, and favorite seasonings.
4. Mash until smooth and creamy, adjusting milk as needed. (For creamier potatoes, use hand mixer)
5. Use 2-3 cups for Night 1, then refrigerate the remaining 4-5 cups for Nights 2 and 3.

Southwest Mashed Potato Bowl

2-3 cups freshly made mashed potatoes
Rotisserie chicken, shredded
15oz black beans, rinsed and drained
14.5oz corn, drained
Taco Bell Creamy Avocado Ranch

1. Warm chicken, black beans, and corn together in a skillet or separately in the microwave.
2. Spoon mashed potatoes into bowls as the base.
3. Add the chicken mixture on top and drizzle with creamy avocado sauce.
4. Optional: finish with shredded cheese, tomato, or a squeeze of lime.

Shepherd's Pie

1 lb ground turkey
1 onion, chopped (optional)
12oz frozen mixed vegetables
1 packet brown gravy mix
2-3 cups leftover mashed potatoes
Favorite Seasonings*

1. Preheat oven to 375°F.
2. In a skillet, brown ground turkey and onion; drain if needed.
3. Prepare gravy as directed and stir into the turkey. Add vegetables and cook 2-3 minutes.
4. Spread the mixture in a casserole dish and top evenly with leftover mashed potatoes.
5. Bake uncovered for 20-25 minutes until heated through and lightly golden. Optional: Top with shredded cheese and bake another 5 minutes to melt.

Broccoli Cheddar Potato Soup

2-3 cups leftover mashed potatoes
4 cups chicken broth
12 oz frozen broccoli florets
1-2 cup shredded cheddar cheese
1/2-1 cup milk (adjust thickness)
Bacon Bits

1. In a large pot, simmer broccoli in chicken broth for 5-7 minutes until tender. Slightly smash broccoli if florets are large.
2. Stir in mashed potatoes and whisk until smooth.
3. Add milk gradually until desired texture is reached.
4. Stir in 1 cup cheddar cheese and favorite seasonings
5. Simmer 5-10 minutes on low until hot and creamy.
6. Sprinkle top of soup with shredded cheese and bacon bits.
Optional: Serve with french bread or garlic bread!