

# Mashed Potatoes

Try out my favorite recipe for doing mashed potatoes in the Instant Pot! A great holiday recipe too.

Prep:  
**5 minutes**

Cook:  
**30 minutes**

Ready In:  
**35 minutes**

Servings:  
**1-2**



## Ingredients

2 lb red potatoes, washed  
1 cup unsweetened soy milk (or other plant milk)  
2 tsp garlic powder  
1 tsp salt  
1/2 of a lemon, juiced

## Instructions

- 1** Chop your potatoes into cubes. Add 1 cup of water to your pressure cooker.
- 2** Insert a steamer tray to the cooker and add the cubed potatoes to it. Set the cook time to 12 minutes on high pressure. Let the steam naturally release for 15 minutes.
- 3** Take your soy milk and add the garlic powder, salt and whisk.
- 4** Add your cooked potatoes to a serving bowl. Next slowly add in your soy milk mix while you mash until you get the consistency you want. Add the lemon juice and mix again.