
Cheese and Carrot Mashed Potatoes

The Essential Southern Living Cookbook

Servings: 8

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

1 package (one pound) baby carrots

1 tablespoon butter

1 package (22 ounce) frozen mashed potatoes

2 1/2 cups milk

4 ounces (one cup) cheddar cheese, shredded

1 tablespoon fresh thyme leaves

1 teaspoon table salt

1/4 teaspoon freshly ground black pepper

Place the carrots and 1/4 cup of water in a large microwave-safe bowl. Cover tightly with plastic wrap. Fold back a small edge to allow steam to escape. Microwave on HIGH for 8 to 10 minutes or until the carrots are tender. Drain.

Stir in the butter. Coarsely mash the carrots with a potato masher.

Prepare the potatoes according to package directions, using the 2-1/2 cups of milk. Stir in the cheese, thyme, salt, pepper and mashed carrots until well blended.

Side Dishes

Per Serving (excluding unknown items): 289 Calories; 23g Fat (70.8% calories from fat); 17g Protein; 4g Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 695mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.