

# Hearty Mashed Potatoes

Turn ordinary mashed potatoes up a notch with garbanzo beans for extra protein and fiber!

Makes: 6 Servings  
 Prep Time: 8 mins  
 Cook Time: 45 mins

Source: [ChooseMyPlate.gov/recipes](http://ChooseMyPlate.gov/recipes)

## Ingredients

- 4 potatoes (baking, peeled and cut in chunks, about 2 pounds)
- 1 can garbanzo beans (15 ounce, drained)
- 1/2 cup milk, non-fat (or fortified soy milk)
- 1/4 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- black pepper (to taste)

## Directions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

## Utensils Needed

- Measuring cup & spoons
- Cutting board
- Knife and fork
- Large sauce pan or pot
- Potato masher or handbeater



Click image to watch the recipe video



### Nutrition Information

Serving Size: 1 cup or 1/6 recipe	
Nutrients	Amount
Calories:	221
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	185 mg
Total Carbohydrates:	41 g
Dietary Fiber:	7 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	10 g
Vitamin D	0 mcg
Calcium	117 mcg
Iron	2 mg
Potassium	789 mg

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$9.46

Average cost/serving: \$1.58

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Some items are bought in bulk and can be used in various other recipes.

## Ingredients



Add 1 to Cart  
Potatoes, 5lb bag



Add 1 to Cart  
1% Milk, 0.5 gallon



Add 1 Can to Cart  
Garbanzo Beans (Chickpeas)



Add 1 to Cart  
Shredded Parmesan Cheese, 6 oz

## SAVE TIME, SAVE MONEY

### Produce Tips: Potatoes

- **Buy bulk** to save money. A bulk 5lb bag of potatoes is usually cheaper per ounce or pound.
  - Buy bulk if you know you can use it all before it spoils and if your kitchen has enough storage space for it.
  - If not, buying individual potatoes could be the better choice for your household.
- **Storage:** Keep potatoes in a cool, well-ventilated place.
  - Colder temperature, such as in the fridge, cause a potato's starch to convert to sugar, resulting in a sweet taste and discoloration when cooked.
  - Do not wash them before storing. Dampness promotes early spoilage.
- **Potato skins** are a good source of fiber and other nutrients. Don't let those peels go to waste, here are other ways to enjoy them:
  - leave them in your mash
  - in a soup or used to make a broth
  - roasted in the oven as an appetizer or crunchy topping
  - used in twice baked potatoes

### My Cooking Notes