



## Christy Boston's Kitchen

### Website:

[www.christybostonskitchen.com](http://www.christybostonskitchen.com)

### Serves: 4

Total Time: 40 mins

Prep: 15 mins

Cook: 25 mins

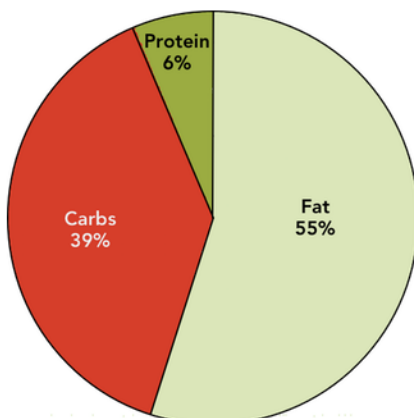
### Nutritional Info per serving:

Cal: 548, Fat: 33.1g,

Protein: 8.5g, Net Carbs: 52.7g,

Sugar: 3.4g

### Macros:



# 'Hold-the-Gravy' Mashed Potatoes

### Ingredients:

- 8 medium sized Yukon gold potatoes, peeled and quartered
- 1/4 cup good quality olive oil
- 4 tablespoons butter
- 1/4 cup water
- 2 tablespoons grated parmesan cheese
- 2 tablespoons mayonnaise
- 1 tablespoon sour cream
- 1 tablespoon blue cheese crumbles (optional, but great to add when served with steak)
- salt and pepper to taste

### Directions:

Heat the butter and olive oil in a pot over medium heat until the butter is just melted. Add the potatoes and water and cover with a tight fitting lid - you don't want too much of the steam to escape!

Allow the potatoes to cook, stirring occasionally but not too often. If they begin to get too brown, lower the heat to medium low. Some browning is ok, and the potatoes will most likely stick to the bottom of the pan a bit. Just scrape up the brown bits, you'll want them in there because they add wonderful punches of flavor. If the pot dries out, add more water a tablespoon at a time. There should be enough oil that the pot shouldn't get too dry, however. The idea is to cook the potatoes in their own juices (and they have plenty of them!). This is why lower heat and longer cook time is so important. Be patient, it is well worth the wait!

Once the potatoes are softened through, after about 25 minutes, remove the pot from the heat. Mash with a potato masher, but not too much. Rustic is best with this guys! No need to drain the potatoes, you'll be mixing all that butter and oil right in. Add the cheeses, mayo and sour cream, season with salt and pepper, and give 'em a good stir to mix everything up.

Serve plain. Yeah, hold the gravy, you won't be needing it!