

Roasted Garlic Mashed Potatoes

Recipe Adapted From: [A Year of Slow Cooking](#)

Serves 10

Ingredients

5 lbs purple and red potatoes, skin on, quartered
20 garlic cloves, peeled (about 2 heads of garlic)
1 cup low-sodium chicken broth
4 oz reduced-fat cream cheese, softened
½ cup grated parmesan cheese
Salt and ground black pepper, to taste



Directions

1. Place quartered potatoes into a crock pot (leave the skin on for extra color, texture, and fiber).
2. Toss in garlic cloves and season with salt and pepper, to taste. Pour in chicken broth.
3. Cover and cook on Low 6-7 hours or High 3-4 hours. Potato pieces should slide off a fork and garlic should be golden brown and pretty shiny. If you have a lot of liquid in the bottom of the crock pot, drain off some of the extra liquid.
4. Add softened cream cheese and use an immersion hand blender or potato masher to mash potatoes until creamy. Stir in parmesan cheese.

Nutrition Information per Serving: Calories: 210, Total Fat: 4gm, Saturated Fat: 2.5gm, Cholesterol: 10mg, Carbs: 39gm, Fiber: 4gm, Protein: 8gm, Sodium: 220 mg