## Recipe For Health | NOVEMBER 2020 NICOLE MARTIN'S PRESSURE COOKER MASHED POTATOES

https://www.eatingonadime.com/pressure-cooker-mashed-potatoes/ Featured Food: Nicole's Recipe

Yield: Serves 6

## Ingredients

2-3 lbs. potatoes 1 cup milk

1 cup water Salt and pepper to taste

1/2 stick butter

## Preparation

Peel and Cut your potatoes into chunks. Place in the pressure cooker or Instant pot. Add 1 cup of water. Place the lid on top and make sure your nob is set to sealing. Then click the manual button and turn it to 6 minutes. Walk away and wait until it beeps. Do the quick release to relieve the pressure. Add the butter, milk, salt and pepper. Mix well with an electric hand mixer right in the instant pot or mash with a hand masher. Enjoy!