

# Mashed Cauliflower with Root Veggies

## **Ingredients:**

- 1 head of cauliflower
- 1-2 turnips or rutabaga, parsnips or celery root, peeled and diced into ½ inch squares (should be about half the amount of cauliflower – ratio of 1 part root veggie to 2 parts cauliflower)
- 1-2 pats of organic pasture butter (grass fed cows)
- Sea salt and pepper to taste
- Optional – tsp fresh chives or green onions or thyme

## **Directions:**

1. Cut the cauliflower into sections, but do not dice. Pieces need to be 2-3 times larger than root veggie.
2. Dice the root vegetable (or combine several)
3. Put it into a large pot with steamer basket – put root veggies on bottom, cauliflower on top. Pour boiling water over the roots and cauliflower. Cook until tender about 10-15 mins (depending on size of roots – smaller cooks faster).
4. Remove the root veggies and cauliflower from pot, drain water, return to pot. Add butter and mash the cauliflower with hand masher, or immersion hand blender.
5. Add salt and pepper to taste as well as chives or thyme if desired.
6. Enjoy as a meal or as an accompaniment to a meal.