

EVERYTHING *Herbal*

— by Cheryl Jabz —

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Garlic Fenugreek Mashed Potatoes

BENEFITS: Comforting side dish.
Fenugreek adds subtle depth.
Great with roasted meats.

INGREDIENTS

- 2 lbs potatoes, peeled and cubed
- 3 cloves garlic
- 2 tbsp butter
- 1/2 cup milk
- 1/4 tsp ground fenugreek
- Salt and pepper

INSTRUCTIONS

1. Boil potatoes and garlic until tender.
2. Drain and mash.
3. Stir in butter, milk, and fenugreek.
4. Season to taste.



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