
Creamy Garlic Mashed Potatoes

Debby

Alton Brown, Food Network with modifications

Servings: 12

Preparation Time: 20 minutes

Start to Finish Time: 45 minutes

Updated with 2023 changes. This mashed potato was so good, it all went and everyone raved about it.

4 pounds russet potato, peeled and quartered

1 1/2 cups half and half

2 cloves garlic, Deb's {30 grams) crushed

4 ounces parmesan cheese, grated

1 1/2 teaspoons table salt

1 teaspoon pepper, coarsely ground

4 Tablespoons butter, room temp

8 ounces cream cheese, softened

Peel and chunk potato. Place in a large saucepan, and cover with water. Cook until potatoes fall apart with a fork, about 20 minutes

Meanwhile, heat the half and half and the garlic in a saucepan over medium heat until simmering; add butter. Remove from heat and set aside.

Remove the potatoes from heat and drain. Mash and add the garlic cream mixture and cream cheese, then the salt. Stir in parmesan to combine. Let stand for 5 minutes to thicken. Serve.

Per Serving (excluding unknown items): 303 Calories; 17g Fat (49.3% calories from fat); 9g Protein; 30g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 583mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 Fat.