



# CARROT & PARSNIP MASH

*Winter*

*Prep time: 5 min. | Cook time: 15-20 min. | Serves: 2-4*

## INGREDIENTS

- 4 Large Carrots
- 4 Large Parsnips
- 3-4 tsp. Butter
- 2 Tbsp. Milk
- 1/2 tsp. Salt
- 1/4 tsp. Pepper
- Pinch Nutmeg

## DIRECTIONS

- 1 Chop carrots and parsnips into even, 1/2 inch chunks.
- 2 Boil carrots and parsnips in the same pot until both mushy. About 15-20 minutes. Parsnips may take longer than carrots.
- 3 Once mushy, drain well.
- 4 Put back in pot and add butter and milk.
- 5 Mash together. Once creamy, add salt, pepper, and a pinch of nutmeg. Mash again until mixed together well.



GROWCLEANWATER.ORG

When you buy local organic produce, you're helping to support clean water in your community.