

Rutabaga and Carrot Mash



Rutabagas help protect your immune system, fight cancer, prevent weak bones and lower blood pressure

Ingredients:

3 medium rutabagas, peeled and chopped
4 carrots, peeled and chopped (about 2 cups)
1 small sweet onion, peeled and quartered
1/4 cup vegan butter
1 cup vegetable broth
1/4 teaspoon salt to taste
1/4 teaspoon pepper

Directions:

Cook rutabagas in boiling water to cover in a covered pot over medium heat 20 minutes. Add carrots and onion; continue boiling 10 minutes or until vegetables are tender. Drain and place into food processor. Add remaining ingredients; process until smooth. Garnish with fresh herbs.

Prep time: 40 minutes **Serves:** 6-8



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