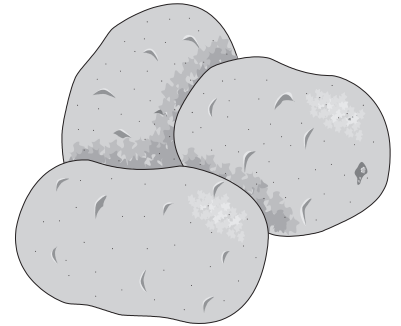


# Instant Potatoes

Sheryl Anderson



## Ingredients

potatoes

butter

milk

salt

sour cream

## Directions

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Rub clean a sufficient number of freshly-dug potatoes for a satisfying meal.

Do not peel, as Nature infused most of the vitamins in the skin!

Our Canticle Farm 'taters have very thin skins, so just chop them up into quarters, cover with water and cook until tender.

Drain.

"Smash" away with a potato masher, adding in butter, milk, salt, and sour cream to taste.

Yum!