

You'll Need For The 4 Servings:



Stovetop Directions

1. Place buttery spread and water in a saucepan and heat to a boil.
2. Remove from heat and stir in Organic Mashed Potatoes.
3. Add milk and stir thoroughly with fork to achieve desired consistency. Do not whip.

Microwave Directions

1. Place buttery spread, milk and water in a microwave-safe bowl. Heat on high for 45 seconds to 1 minute until buttery spread is melted and water is almost boiling.
2. Stir in Organic Mashed Potatoes.
3. Microwave on high for 3 1/2 minutes.
4. Stir thoroughly with fork to achieve consistency. Do not whip.

Quickest Preparation

Pour boiling water and buttery spread into a bowl. Sprinkle in the Organic Mashed Potatoes and stir well. Stir in milk until well mixed. Serve immediately.

For creamier potatoes, add more milk (stir in 1 Tbsp at a time to reach desired consistency). For firmer potatoes, let sit 2-3 minutes before serving. Refrigerate leftovers and use within 3 days.

Nutrition Facts

4 servings per container		25g (25g)	
Serving Size		Per 25 g	Per Prepared
Calories		90	120
	%DV*	%DV*	%DV*
Total Fat	0g 0%	3g 4%	
Saturated Fat	0g 0%	1g 5%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	180mg 8%	230mg 10%	
Total Carb.	20g 7%	21g 8%	
Dietary Fiber	2g 7%	2g 7%	
Total Sugars	<1g	2g	
Incl. Added Sugars	0g 0%	0g 0%	
Protein	2g	3g	
Vit. D	0mcg 0%	0.4mcg 2%	
Calcium	0mg 0%	52mg 4%	
Iron	0.4mg 2%	0.4mg 2%	
Potassium	282mg 6%	282mg 6%	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutritional advice.

Ingredients:
Organic Potato Flakes (organic potatoes, mono and di-glycerides from organic palm oil), Organic Onion Powder, Sea Salt, Organic Black Pepper.

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Shepherd's Pie Recipe



Ingredients:

- 1 medium onion, diced
- 1 Tbsp oil
- 1 Tbsp The Wizard's® Organic Vegan Worcestershire Sauce
- 12 oz vegan ground burger or soy crumbles
- 1 packet Road's End Organics® Shiitake Mushroom Gravy
- 1 1/2 cups hot water
- 1 box Edward & Sons Organic Mashed Potatoes
- dried parsley (to taste)

Directions:

Serves 6-8
Preheat oven to 350° F.
In frying pan, sauté onions in oil until light brown.
Stir in Worcestershire Sauce and then add ground burger.
Continue stirring until warm and thoroughly mixed.
Sprinkle in gravy packet contents.
Add hot water and stir well - gravy thickens as heated.
Do not overcook; mixture should retain a sauce-like consistency.
Spread mixture into oven-safe 8" x 8" baking pan.
Prepare package of Organic Mashed Potatoes as directed.
Spread mashed potatoes evenly on top of burger mixture and sprinkle with parsley.
Bake for 30 - 45 minutes. Enjoy!



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SERVING SUGGESTION



MAKES
4
SERVINGS

NET WT 3.5 OZ 100g



Serving Suggestions:

- Just before serving, fold in cooked peas, corn or broccoli florets.
- Smother prepared potatoes with any of Road's End Organics® Quick Gravies - all are organic, vegan, gluten-free and delicious.



Our Vegan Shepherd's Pie recipe uses The Wizard's® Organic Vegan Worcestershire Sauce - delicious in everything from Veggie Burgers to Bloody Marys! Also available gluten free.

