You'll Need For 4 Servings:

- ½ Cup Milk Product — Dairy or non-dairy
- 1⅓ Cups Boiling Water
- 2 Tbsp Buttery Spread — Margarine or Olive Oil

To Prepare	Potato Mix	Milk Product	Water	Buttery Spread
2 SERVINGS	⅔ CUP	¼ CUP	⅔ CUP	1 TBSP
4 SERVINGS	1⅓ CUPS	½ CUP	1⅓ CUPS	2 TBSP

Stovetop Method

1. Place buttery spread and water in a saucepan and heat to a boil.
2. Remove from heat and stir in Organic Mashed Potatoes mix.
3. Add milk product and stir thoroughly with fork to achieve desired 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 product until well mixed. Serve immediately.

Microwave Method

1. Place buttery spread, milk product 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 mix.
3. Microwave on high for 3 ½ minutes for 4 servings or 2 ½ minutes for 2 servings.
4. Stir thoroughly with a fork to achieve consistency. Do not whip.

For creamier potatoes, add more milk product (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.

From Alison's Kitchen — Vegan Shepherd's Pie

- 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 Gravy
- 1½ cups hot water
- 1 box Edward & Sons Organic Mashed Potatoes - dried parsley (to taste)

Preheat oven to 350 degrees. In a frying pan, sauté onions in oil until light brown. Stir in Worcestershire Sauce and then add vegan ground burger. Continue stirring until warm and thoroughly mixed together. Sprinkle the contents of Gravy packet over the ground burger. Pour in hot water and stir well. The gravy will thicken as it heats up. Do not overcook, as you do NOT want the gravy to be fully absorbed by the ground burger. The whole mixture should retain a substantial sauce-like consistency. Spread this mixture into an oven-safe baking pan. Prepare the package of organic mashed potatoes as directed on the box. Now spread the potatoes evenly on top of the ground burger in the pan. Sprinkle parsley on top of the potatoes. Bake for 30 to 45 minutes. Slice and serve. Enjoy! Serves 6-8.

Reduce Reuse Then Recycle
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Serving Suggestions:

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

Our Vegan Shepherd's Pie recipe on the back panel uses The Wizards™ Organic Vegan Worcestershire Sauce - delicious on everything from Veggie Burgers to Bloody Marys! Also available gluten free.

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Quick & Easy
Organic Mashed Potatoes
USDA ORGANIC — HOME STYLE — GF GLUTEN -FREE-

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USDA ORGANIC

Organic Mashed Potatoes

QUICK & EASY
PREPARE IN 5 MIN.

MAKES 4 SERVINGS
HOME STYLE
NET WT 3.5oz 100g

VEGAN ©

K PAREVE

GF© GLUTEN -FREE-

SERVING SUGGESTION

Nutrition Facts

Serving Size 1/3 cup dry mix (25g)
1/2 cup prepared
Servings Per Container: 4

Amount Per Serving	Seasoned Flakes	Prepared w/ Soy Milk, Vegan Spread, Water*
Calories	90	140
Calories from Fat	0	45
	%Daily Value**	
Total Fat 0g	0%	8%
Saturated Fat 0g	0%	6%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 180mg	7%	10%
Total Carbohydrate 20g	7%	7%
Dietary Fiber 2g	7%	7%
Sugars less than 1g		
Protein 2g		
Vitamin A	0%	6%
Vitamin C	30%	30%
Calcium	0%	4%
Iron	0%	2%

*Prepared as directed with soy milk and buttery spread, which adds an additional 5g total fat, 1.5g sat fat, 60mg sodium, 1g carbohydrate, 1g sugar, 1g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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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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Carpinteria, CA 93014 USA
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