

# Vegan Cauliflower and Red Potato Mash



Source: Better Vegan Category: Vegan Entrees & Sides  
Prep Time: 10 min Cook time: 45 min Total Time: 55 min  
Serves 4-6  
*Gluten Free / Refined Sugar Free*

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## Ingredients:

One 2-pound head cauliflower, cored, green leaves removed and cut into florets  
2 Tbsp. avocado oil  
1/4 to 1/2 cup unsweetened coconut milk or almond milk  
2 Tbsp. nutritional yeast  
1 1/2 Tbsp. olive oil  
1 medium clove garlic, peeled and roasted  
Pink Himalayan salt to taste  
Black pepper to taste  
3 large red potatoes, peeled and quartered  
2-3+ Tbsp. unsweetened almond milk

Recipe Link:

<https://www.betterveganrecipes.com/vegan-cauliflower-and-potato-mash>

## Instructions:

1. Prepare the ingredients.
2. Preheat oven to 400 degrees F.
3. Toss cauliflower with 2 Tbsp. avocado oil and generous amount of salt. Spread on a baking sheet lined with parchment paper in one layer and roast for about 35 minutes until tender, turning once half way through.
4. While the cauliflower is roasting, place red potatoes in a medium pot and cover with water. Add 1 tsp. salt and boil until potatoes are tender and can easily be pierced with a knife, about 20-30 minutes. Drain, add almond milk and mash with a potato masher until smooth.
5. When the cauliflower is done, place half of it into a food processor or a high-power blender. Add the coconut milk (start with 1/4 cup and add more as needed), nutritional yeast, oil and garlic, and process until the cauliflower is broken up. Add the remaining cauliflower and process until it reaches the desired consistency.
6. Add the cauliflower mixture to mashed potatoes and mash until smooth and well-mixed. Season to taste with salt and pepper.
7. Transfer to a medium serving bowl and serve.

**Notes:**

Store in an airtight container in the refrigerator for up to 3 days.

**Equipment needed:**

Blender or food processor

**Serving suggestion:**

Serve with roasted squashes, roasted vegetables and vegan gravy.