

## INGREDIENTS

- 3 lbs Potatoes, quartered
- ¼ cup Coconut Oil
- 1 ¼ cup Soy Milk
- 1 cup Cheese
- 1 head Cabbage
- 4 Scallions, chopped
- Salt and Pepper, to taste

## DIRECTIONS

1. Wash all vegetables. Cut potatoes and place in a large pot of water. Cook until fork can easily pierce potatoes.
2. Chop cabbage into slices, chop scallions.
3. Cook cabbage in a pan with coconut oil on the stove until crisp.
4. Add potatoes, milk, cheese, and seasonings into the same pan and bring to a boil.
5. Mash potatoes until a desired texture. Add vegetables.
6. Garnish with scallions and cheese, enjoy!



**Colcannon (Irish Mashed Potatoes)**

*Gluten Free | Vegetarian*

Yield:  
4 Servings

Prep Time:  
10 Min

Cook Time:  
30 Min