

Kraut Mashed Potatoes

INGREDIENTS

- 6 medium [Strohauer Farms](#) russet potatoes, peeled & cubed
 - 1C cabbage, thinly sliced
 - 1C sauerkraut
 - 1 yellow onion, chopped
 - 1 leek, chopped
 - 1tsp sea salt
 - 1/4tsp black pepper
 - 4TBS ghee or butter
1. Fill a large stock pot with water and bring to a boil.
 2. Add potatoes and boil until softened (able to pierce with a fork but not mushy).
Approximately 6-8 minutes.
 3. Add cabbage, onion, and leek then continue to boil another 5-7 minutes.
 4. Remove from heat and strain ingredients.
 5. Place ingredients back into stockpot or mixing bowl and blend with an immersion blender until smooth. You can also place in a blender or food processor.
 6. Fold in kraut and serve garnished with a little extra sea salt, pepper, and chopped parsley.