

Sides/Mashed Cauliflower

A: 1 head cauliflower, trimmed
5c garlic, peeled
2C milk
1t salt
1t thyme

B: 1/4C plain yogurt
1/4C Parmesan, or other cheese
2T butter
2T nutritional yeast
1T chicken soup base mix
Black pepper to taste

1. Add (A) to pot, heat to simmer, cover and let simmer covered 35 minutes.
2. Mash contents of pot, add (B), and mash/mix thoroughly.
Serve with BBQ sauce.

Servings: 6

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From the kitchen of David and Jennifer Deaven