Carrots and Rutabaga Mash

* This is a great recipe to serve instead of mash potatoes.
* The combination of the sweet taste of carrots and the bitter taste of rutabaga is just perfect in this recipe.
* This is a great recipe to serve as a side to a thanksgiving dinner.

Ingredients

Prep Time: 10 min.

Cooking Time: 20 min.

1 lb. carrots, peeled and chopped;

1 lb. rutabaga, peeled and chopped;

4 tbsp. of ghee;

1 tbsp. of fresh parsley, minced;

Sea salt and freshly ground black pepper;

Preparation

Place carrots and rutabaga in a large saucepan and cover with water.

Bring to a boil and reduce to a simmer, cover and cook 20 minutes or until vegetables or really soft.

Drain the water.

Mash the carrots and rutabaga with potato masher; add ghee and season to taste.

Serve and sprinkle fresh parsley on top.