

Recipe for: TURNIP CARROT MASH

Serves 10-20 students a sample size portion

*Recipe inspired by Grow Eat Grow Cookbook from the University of Missouri Extension

INGREDIENTS

- 3-4 medium turnips, peeled and cut into cubes
- 4 carrots, peeled and sliced into rounds
- 3 tablespoons of butter, divided
- 2 teaspoons Italian seasoning
- Salt to taste

DIRECTIONS

1. In a pan melt 1 tablespoon of butter (about 1 minute)
2. Add turnips, carrots, and Italian seasoning to pan, sautéing in butter for 2-3 minutes.
3. Cover with water and bring to a boil.
4. Cook until carrots and turnips are tender (can be pierced with a fork).
5. Drain water and mash.
6. Add butter and salt to taste.



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