

Creamy Mashed Potatoes with Gravy

♥ lowcarblove.com/blog/creamy-mashed-potatoes-with-gravy

November 20, 2022



Servings: 4

Ingredients:

- 1 large head of cauliflower
- ¼ cup of unsalted butter
- 3 tbsp of sour cream
- 2 tsp of garlic, minced (If you are using already minced garlic, use 1 tsp)
- ¼ cup of parmesan cheese
- Salt and pepper to taste
- 1 tbsp heavy cream (optional)

Keto Gravy:

- 1 cup Kettle & Fire chicken broth
- 2 tbsp butter
- ½ tsp xanthan gum

- Salt and pepper to taste

Directions:

1. Cut your cauliflower into bite sized pieces and boil for 5-7 mins until fork tender. Strain and set aside.
2. In a blender, add your boiled cauliflower, sour cream, butter, garlic, parmesan cheese, and heavy cream.
3. Blend for 1-2 minutes until it forms a creamy texture.
4. Add all of the gravy ingredients to a saucepan over medium high heat. Stir until everything is well combined.
5. Top the gravy over the mashed “potatoes” and enjoy!