

Instant Pot Mashed Potatoes

- Total: 15 mins
- Prep: 7 mins
- Cook: 8 mins
- Yield: 4 to 6 servings

Ingredients

- 2 1/2 pounds [potatoes](#) (red-skinned, about 6 to 7 medium potatoes)
- Optional: 3 to 4 cloves garlic
- 1 teaspoon [kosher salt](#) (plus more, to taste)
- 1 cup water (or low sodium chicken stock, or low-sodium vegetable broth)
- 1/2 cup [half-and-half](#) (or whole milk)
- 3 tablespoons butter
- Black pepper to taste (freshly ground)
- Optional: fresh chopped parsley
- Optional: fresh chopped chives

Steps to Make It

1. Gather the ingredients.
2. Scrub the potatoes and remove any eyes or imperfections. If desired, peel the potatoes. Cut into 1-inch to 2-inch cubes.
3. Put the potatoes in the Instant Pot. If you are adding garlic, peel the cloves and mince.
4. Add the salt to the potatoes along with the water or stock.
5. Cover the pot and make sure the vent is set to "seal."
6. Cook on high pressure for 8 minutes and then quick release.
7. Meanwhile, on the stovetop or in the microwave, heat the half-and-half or milk with the butter until hot and the butter has melted.
8. Place a large sieve or colander over a bowl and drain the potatoes and garlic. Reserve the cooking liquid in the bowl and set aside.
9. Put the potatoes and garlic in a large bowl and mash with a potato masher to break up.
10. Add the hot milk or cream and butter mixture and continue mashing until the potatoes are smooth and creamy. Add some of the cooking liquid to the potatoes to reach your desired consistency.
11. Taste and add salt and freshly ground black pepper, to taste.
12. Spoon the mashed potatoes into a serving bowl and sprinkle with fresh chopped parsley, if desired.

Tips

- This recipe is made with red-skinned potatoes which are low in starch, or "waxy." For fluffier mashed potatoes, use russets or baking potatoes, which are high in starch, or use a medium starch potato such as Yukon gold or long whites.

Recipe Variations

- Replace the butter with ghee, olive oil, or coconut oil.
- Replace the cream or milk with coconut milk or broth.
- Replace half of the potatoes with cauliflower for a lighter mash lower in carbs.
- Add 1 to 2 cups of chopped cooked cabbage or kale to the pot for a traditional Irish-style colcannon.
- Replace one-third to one-half of the potatoes with peeled and cubed rutabagas for delicious mashed potato and rutabaga combination.
- To make mashed potatoes in the microwave, try this [Easy Microwave Mashed Potatoes](#) recipe.