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United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## Veggie Mash Up

**Prep time:** 30 minutes

**Cook time:** 20 minutes

**Makes:** 25 or 50 Servings

Irio, a simple dish of mashed potatoes, corn, and green vegetables is a traditional Kenyan dish. This delicious version of the recipe uses vegetables that are commonly available in the United States.



### 25 Servings

### 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		2 qts 1/3 cup		1 gallon 2/3 cups
*Yellow potatoes, fresh, peeled, quartered	1 lb 13 oz (6-7 medium potatoes)	1 qt 1 1/4 cups	3 lbs 10 oz (12-13 medium potatoes)	2 qts 2 1/2 cups
Green peas, low-sodium, canned, drained, and rinsed	1 lb 1 oz	2 3/4 cups (1/3 No. 10 can)	2 lbs 2 oz	1 qt 1 1/2 cups (5/8 No. 10 can)
Canola oil		2 Tbsp		1/4 cup
*Garlic, fresh, minced		8 cloves OR 1 Tbsp 1 tsp		16 cloves OR 2 Tbsp 2 tsp
*Swiss chard, raw, chopped into long, thin strips (chiffonade), packed	4 oz	1 qt	8 oz	2 qts
Corn, low-sodium, canned, drained	8 1/3 oz	1 1/3 cups (1/8 No. 10 can)	1 lb 2/3 oz	2 2/3 cups (1/4 No. 10 can)
Sage, dry, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Onion powder		1 tsp		2 tsp
Salt, table		1 tsp		2 tsp
Black pepper, ground		1 tsp		2 tsp

## Directions

1. Add the potatoes to a large stockpot and cover completely with cold water. For 25 servings, about 2 qts. 1/3 cup. For 50 servings, about 1 gallon 2/3 cups. Bring to a boil on medium-high heat. Boil for 10 minutes.
2. Add the peas to the pot of boiling potatoes and continue to boil the vegetables for an additional 5 minutes, or until potatoes are tender. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
3. Turn stove off, drain the water from the potatoes and peas, reserving about 1/2 cup of the cooking water.
4. Mash potatoes and peas with a potato masher or mixer. Do not over mix. If mixture is too dry, add reserved water, 1 tablespoon at a time until the desired consistency is reached.

5. Heat oil in a medium sauté pan.
6. Sauté minced garlic, swiss chard, corn, sage, onion powder, salt, and pepper on medium-high heat until onions are tender and sage is toasted, about 5-7 minutes. 1 clove is about 1/2 teaspoon minced.
7. Stir the sautéed vegetables into the hot potato-pea mash.
8. Serve 1/4 cup (No. 16 scoop). Critical Control Point: Hold at 140 °F or higher.

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/veggie-mash>.

## My Notes

**Source:** Team Nutrition: Adapted from <http://oldwayspt.org/recipes/oldways-kenyan-vegetable-mashed-potatoes>.

## Nutrition Information

Nutrients	Amount
Calories	58
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	15 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available

Meal Components	
Vegetables	1/4 cup
Starchy	1/4 cup

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)