

Loaded Mashed Potato Bowl

SERVINGS
2-4

PREP TIME
10 MIN

COOK TIME
15 MIN

TOTAL TIME
25 MIN

Indulge in the ultimate comfort of this easy bowl featuring perfectly seasoned *Rebellyous Plant Based Nuggets*, velvety vegan mashed potatoes & gravy, and topped with sweet corn.



ORGANIZING
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Ingredients

Directions

An effortlessly prepared bowl, perfect for utilizing leftover vegan mashed potatoes and gravy on busy nights or creating a quick comforting meal from scratch.

1

•1 Package Rebellyous Plant-Based Tenders or Nuggets

PREPARE PLANT BASED CHICKEN

■ Prepare Rebellyous Tenders or Nuggets according to package instructions.

2

•Can of Vegan Gravy
OR Prepare 5-Minute Simple Vegan Gravy

PREPARE VEGAN GRAVY

■ Prepare can of vegan gravy according to package instructions

OR

■ Prepare a 5-Minute Simple Vegan Gravy: 2 C Vegetable Broth, 2 tbsp Nutritional Yeast, 1 tsp Onion Powder, 1 tsp Garlic Powder, ½ tsp Poultry Seasoning (V), ¼ C Flour, ½ tsp Salt (+ more to taste), and ½ tsp Pepper. Combine all ingredients in saucepan before heating. Whisk together until mostly blended, turn on flame, whisk occasionally for 5 minutes until fully blended and thickened.

3

•1 Package Vegan Instant Mashed Potatoes
OR Prepare an Easy Mashed Potato

PREPARE MASHED POTATOES

■ Prepare 2-4 servings of a vegan instant mashed potatoes (check label to confirm no dairy ingredients).

OR

■ Wash, dice, and boil 2 russet potatoes until tender, add 1 tbsp non-dairy butter, a splash of non-dairy milk, sprinkle of salt, and mash until desired consistency.

4

•1 Can Whole Kernel Corn

HEAT CORN

■ Microwave corn in a safe bowl for 1-2 minutes; when serving, use a slotted spoon to drain excess liquid.

5

OPTIONAL TOPPING:

•Sprinkle of Vegan Shredded Cheese
•Salt & Pepper To Taste

■ Combine preferred amount of these prepared ingredients in a bowl and top with vegan shredded cheese, if desired. Add salt & pepper to taste.