



Creamed Peas and Potatoes

Yield: 4-6 servings Time: 30 minutes

INGREDIENTS

- 1 1/2 pounds baby red potatoes
- 2 cups frozen peas
- 4 Tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 4 Tablespoons all purpose flour
- 2 cups whole milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

DIRECTIONS

- Add potatoes to a large pot and cover with water. Bring to a boil and cook for 10-15 minutes until fork tender. Set aside.
- While the potatoes are boiling, add peas to a medium saucepan of water. Cook over medium-high heat. Drain water and set aside.
- In large saucepan, melt two tablespoons of butter. Add onion and cook until softened, about five minutes. Add spices and remaining two tablespoons of butter.
- When butter has melted, add flour and whisk together. Slowly add the milk while whisking. Cook until the sauce begins to thicken, about five minutes, whisking often. Add potatoes and peas to the sauce and stir to mix everything together.
- Enjoy!
 - 1.

Wasatch County Cooking Class, October 2024

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234