

Chicago Mash with Onion and Bacon

Prep Time: 15 minutes

Cook: 25 minutes

Makes 8 accompaniment servings

- 1 1/2 cups =
- 4 slices bacon, chopped
 - 1 large onion (12 ounces), chopped
 - 3 pounds all-purpose potatoes (about 9 medium), peeled and cut into 1 inch pieces
 - 1 bay leaf
 - 1 teaspoon salt
 - 1/4 teaspoon coarsely ground black pepper
 - 1 cup milk, warmed (따뜻하면 안됨)

1. In 10-inch skillet, cook bacon over medium heat until browned. With slotted spoon, transfer bacon to paper towels to drain; crumble.

2. To dripping in skillet, add onion; cook, stirring occasionally, over medium heat until onion is tender, about 15 minutes.

3. Meanwhile, in 3-quart saucepan, combine potatoes, bay leaf, and enough water to cover; heat to boiling over high heat. Reduce heat to low, cover and simmer until potatoes are tender, about 15 minutes.

4. Return potatoes to saucepan. Discard bay leaf. Mash potatoes with salt and pepper. Gradually add milk; mash until smooth and well blended. Stir in onion and bacon.

Each serving: About 200 calories, 5g protein, 28g carbohydrates, 8g total fat (3g saturated), 12mg cholesterol, 370mg sodium.

- 베이컨 나장 작게 찢어 볶아낸다. 그리고 잘게 찢어 놓는다
- 양파 작게 다져 pan에 볶아낸다.
- 감자 평평하게 pan에 물이랑 bay leaf 넣어 끓인다.
- 감자 푼 이후엔 bay leaf 꺼내고 물을 따라낸다.
- 감자 으개고 거기에다 우유 따뜻하게 해서 붓고 조금 추추 넣는다
- 거기에 양파랑 베이컨 넣어 Mix.

