



Hutspot: Dutch Recipe for Carrot, Onion and Potato

★★★★★
5 from 2 votes

A humble, quintessential Dutch dish made with carrots, onions, and potatoes that is absolutely delicious and is easy to make in your Instant Pot! A favorite of all of our American friends who have tried this!

Prep Time 10 mins	Cook Time 12 mins	Total Time 22 mins
Servings: 8 servings	Course: Dinner, Main Course	Cuisine: Dutch
Calories: 176		

Ingredients

Equipment

Method

Nutrition

Video

Ingredients

Hutspot

- 500 g Carrot
- 500 g Onion
- 1 kg Potatoes (Russet)
- 30 g Unsalted butter
- Salt & Pepper

Equipment

- Pressure Cooker
- Food Processor
- Peeler
- Potato Masher

Method

1. Peel, and cut your potatoes into medium-sized pieces.
2. With a vegetable peeler, peel the carrots.
3. Using a food processor or box grater, grate the onions and carrots. Put them into the Instant Pot
4. Add the potatoes and 250ml (1 cup) of water.
5. Season with some salt & pepper.
6. Cook on high pressure for 12 minutes
7. Do a quick release.
8. Drain any liquid from the Instant Pot insert
9. Add the butter, and mash it all together.
10. Taste, and add seasoning if necessary.

Nutrition

Serving: 1servings	Calories: 176kcal	Carbohydrates: 34g
Protein: 4g	Fat: 3g	Saturated Fat: 2g
Polyunsaturated Fat: 0.2g	Monounsaturated Fat: 1g	
Trans Fat: 0.1g	Cholesterol: 8mg	Sodium: 76mg
Potassium: 813mg	Fiber: 4g	Sugar: 6g
Vitamin A: 10537IU	Vitamin C: 15mg	Calcium: 52mg
Iron: 1mg		