

Creamed Peas and Potatoes - A Classic Comfort Food Favorite

A Creamy, Hearty Side Dish Full of Old-Fashioned Flavor



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15 min

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INGREDIENTS

1⁰⁰ lbs baby or new potatoes, halved or quartered

1 tbsp butter

1 small onion, chopped

2 cloves garlic, minced

1 tbsp avocado oil (or more butter)

2 tbsp all-purpose flour

1⁰⁰ cups milk (or more as needed)

1 can (15 oz) peas, drained (or use thawed frozen peas)

Salt and black pepper, to taste

Optional: ⁰⁰ cup cream for extra richness

Instructions:

1. Boil the Potatoes:

2. SautØ the Aromatics:

3. Make the Roux:

4. Bring It All Together:

Tips for Success:

Use waxy potatoes (like Yukon Golds or red potatoes) for a creamier texture that holds its shape.

Want it meatier? Add crumbled bacon, ham, or even shredded chicken.

Adjust thickness with a little more milk or cream if it becomes too thick while simmering.

Prefer a shortcut? A small amount of cream of mushroom soup can work, but homemade tastes best!

Serving Suggestions & Pairings:

Easy Turkey Wings - Southern soul food heaven
Tomato Skillet with Okra & Sausage - full of flavor and a perfect match
Dorito Casserole - a bold and cheesy pairing
Sheet Pan Quesadillas for a fun crowd-pleaser
Refresh your palate with Blueberry Lemonade on the side

Storage & Leftovers:

Fridge: Store leftovers in an airtight container for up to 4 days.
Reheat: Gently reheat on the stove with a splash of milk to loosen the sauce.
Freezing: Not recommended-cream sauces tend to separate when frozen and thawed.

More Recipes You'll Love:

Easy Turkey Wings
Tomato Skillet with Okra
Dorito Casserole
Final Thoughts:

DIRECTIONS

1. **Boil the Potatoes:** Place the potatoes in a large pot, cover with water, and bring to a boil. Cook until fork-tender, about 12-15 minutes.
2. **Drain the potatoes** in a colander and let them sit while you make the cream sauce.
3. **Sauté the Aromatics:** In the same pot, melt butter over medium heat. Add chopped onion and garlic, sautéing until softened and fragrant, about 3-4 minutes.
4. **Add a splash of avocado oil** to prevent sticking and enhance flavor.
5. **Make the Roux:** Sprinkle flour over the onion mixture and stir constantly for about 1 minute to cook off the raw flour taste.
6. **Gradually whisk in the milk**, stirring until smooth. Simmer and whisk until the sauce thickens into a creamy gravy consistency-about 5-7 minutes.
7. **Add a splash of cream** if you want extra richness.
8. **Bring It All Together:** Gently stir in the cooked potatoes and peas. Season with salt and pepper to taste.
9. **Simmer on low** for another 5 minutes, letting the flavors meld and the peas warm through.
10. **Tips for Success:** Use waxy potatoes (like Yukon Golds or red potatoes) for a creamier texture that holds its shape.
11. **Want it meatier?** Add crumbled bacon, ham, or even shredded chicken.
12. **Adjust thickness** with a little more milk or cream if it becomes too thick while simmering.

13. Prefer a shortcut? A small amount of cream of mushroom soup can work, but homemade tastes best!
14. Serving Suggestions & Pairings: Serve Creamed Peas and Potatoes with:
15. Easy : Turkey Wings - Southern soul food heaven
16. Tomato : Skillet with Okra & Sausage - full of flavor and a perfect match
17. Dorito : Casserole - a bold and cheesy pairing
18. Sheet : Pan Quesadillas for a fun crowd-pleaser
19. Refresh your palate with : Blueberry Lemonade on the side
20. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 4 days.
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23. More Recipes You'll Love: Easy Turkey Wings
24. Tomato : Skillet with Okra
25. Dorito : Casserole

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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