

THERE'S A *Chef* IN MY KITCHEN™

THE GLUTEN-FREE COOKING COLLECTION

Recipe

CHICKEN & VEGETABLE POT PIE

A traditional comfort food, this recipe was inspired by several attempts to find a store-bought pot pie that satisfied my craving for a one filled with lots of veggies (instead of just carrots and celery), plenty of chicken, a creamy gravy, and a light flaky crust. I never found one - so I had to make it myself.

INGREDIENTS:

Makes 4 individual size pot pies, or one large (serves 4)

The crust:

- ½ cup quinoa flour
- ½ cup rice flour
- 1 tsp xanthan gum
- 4 tbs butter
- 2 tbs cold water

The filling:

- 1 sweet potato
- ½ cup celery chopped celery
- 1 cup chopped mushrooms
- ½ cup chopped asparagus
- ½ cup chopped green beans
- ½ cup baby peas
- ⅓ cup gluten-free flour (for the roux)

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INGREDIENTS cont.

- 3 cups chicken broth
- 2 cups shredded chicken

INSTRUCTIONS

Pre-heat oven to 350 degrees

Instructions for the crust:

- Sift the quinoa flour, rice flour and xanthan gum together. Add the butter, cutting it into the flour. Then add 2 tbs of water and combine
- Roll into 4 balls (about the size of a large golf ball). If your dough isn't sticky enough, add more water, 1 tbs at a time
- Cover in plastic and refrigerate for about 30 minutes

Instructions for the filling:

- Peel, slice and cube the sweet potato; dice the carrots, onions and celery; cut the beans and asparagus into 1 inch pieces; slice the mushrooms
- Add olive oil to a large sauté pan (about 1/4 cup or enough to cover the bottom of the pan) and heat over medium heat. Then add the onions, carrots and celery. Cook for 5 minutes
- Add the sweet potato and green beans. Cook for 10 minutes
- Add the mushrooms and asparagus. Cook for 5 minutes
- Add the gluten-free flour and stir. Slowly add 2 1/2 cups of the chicken broth and stir
- Add the shredded chicken and baby peas
- Add the half & half. Stir until creamy (if it seems too thick, add a bit more broth)

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INSTRUCTIONS cont.

- Fill your Cocotte(s)
- Remove the dough from the refrigerator and roll in to thin sheets (one for each Cocotte). Combine the balls and roll into one large sheet if you're making one large pot pie. Each sheet should be slightly larger than the Cocotte.
- Place the dough over the veggies and seal the edges. Bake for about 20 minutes or until golden

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NUTRITION FACTS

Nutrition Facts	
Chicken & Vegetable Pot Pie	
Serving size: 1 piece or 1 mini pie	
Amount Per Serving	
Calories	338.5
Total Fat	6.5 g
Saturated Fat	3.4 g
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	2.4 g
Cholesterol	25.7 mg
Sodium	802.8 mg
Potassium	907.3 mg
Total Carbohydrate	56.8 g
Dietary Fiber	7.4 g
Sugars	4.2 g
Protein	13.2 g