

“Chickun” Pot Pie- 6 servings or 8 if you cut them smaller

Ingredients:

1. Ready-made pie crust (I use Pillsbury-just make sure its vegan)
2. ½ white onion, diced
3. ½ cup diced carrots
4. ½ cup frozen peas (it’s better for them to be frozen so they don’t get too cooked and mushy in the oven)
5. 2 & ½ cup vegetable broth/stock
6. 1/3 cup flour
7. ½ block any tofu, diced to your liking
8. 1 & ½ tsp. salt (or to taste)
9. pepper to taste
10. poultry seasoning -optional

Instructions:

1. During cooking, some of the pie filling may spill out into your oven, so I suggest putting some foil on the rack beneath where you place your pie to catch the spillage.
2. Preheat your oven according to the directions on your store-bought pie crust.
3. Dice your ½ of a white onion and put in a non-stick pan over medium heat. Let them cook for about 3-5 mins until translucent.
4. Dice your carrots and add to the pan.
5. Pour 1/3 cup of flour over the onions and carrots, trying to coat the entire pan.
6. Slowly pour 2 & ½ vegetable broth over the flour and veggies and whisk with a fork.
7. As the sauce thickens, add your frozen peas and diced tofu. Stir until well combined.
8. Add your salt and pepper; make sure to taste your mixture to see if it is seasoned to your liking. Sometimes I need a bit more salt.
9. Spray an 8-inch round cake pan with some cooking spray, and carefully unroll your first pie crust into the pan. Push the dough into the curves of the pan with your fingertips.
10. Pour your filling into the pan, making sure the mixture is level on top.
11. Sprinkle some poultry seasoning on top. (optional)
12. Unroll the other pie crust on top of the mixture, and pinch the remaining dough into a crust so your pie is secured. (see in picture)
13. Make sure to cut slits in your top pie crust so it doesn’t explode in the oven. (see picture)
14. Cook for 25 mins uncovered, then an extra 20-25 with foil around the crust. (see in picture)
15. After the full 45ish mins, take your pie out and let rest for at least 15 mins.
16. (The first slice may be a bit runny, if you don’t wait for your pie to rest.)







Nutrition Facts per slice

- ½ block tofu = approx.. 20 cals
- veggies...do they even count? Let's say approx.. 30-50 cals
- pie crust= depending on which brand, 200 cals per slice
- TOTAL= approx.. 250-300 cals