

Healthy Hearty Chicken Pot Pie!

Carol's Kitchen Recipe

Kitchen tools: 9" x 13" x 2" cake pan, a bowl for chicken, a large saucepan, a whisk, and a colander (optional)

Ingredients: 2 Rotisserie chickens or 6 cups of shredded chicken, 2 cups of chicken broth, 2 cups of milk, $\frac{1}{4}$ cup of flour, 2 Tbsp. of butter, pepper, a bag of frozen peas and carrots, 6 cooked potatoes, 1 box of uncooked soft pie crust (2 crusts included), 1 egg white

Step 1

2 Rotisserie Chickens – take the meat off of the chickens. Boil the bones in broth at least 20 minutes, then use a colander to separate the broth from the bones and save the broth for the next step. Another option would be to use 6-8 cups of canned chicken or shredded chicken from the store.

Step 2

Melt 2 Tbsp. of butter in a saucepan over medium heat. Add 1 can of chicken broth or 2 cups of homemade broth, 2 cups of milk (I use almond milk) and $\frac{1}{4}$ cup of flour. Soy milk is NOT a good substitute. Stir constantly with a whisk to thicken the broth. Add pepper to taste. Another option would be 1 can of condensed cream of chicken soup and $\frac{1}{4}$ cup of milk for a thicker and quicker sauce.

Step 3

Cook 6 medium potatoes in the microwave until they are soft. Cut the potatoes into pieces.

Step 4

Heat up a bag of frozen peas and carrots.

Another option would be to make a roast with potatoes and carrots and use leftover roasted potatoes and carrots instead of the bag of frozen peas and carrots.

Step 5

Once the white sauce has thickened, add the vegetables, potatoes and chicken and stir to combine.

Step 6

Place 1 of the crusts in the bottom of a greased 9 x 11 dish.

Step 7

Pour the chicken mixture on top of the bottom of the dish.

Step 8

Place the other crust on top of the mixture. Cut slits in the top.

Step 9

Brush an egg white over the top of the crust.

Step 10

Bake at 425 degrees for approximately 20-30 minutes.

Enjoy!