

Chicken Pot Pie



PREP TIME

30 mins

COOK TIME

20 mins

TOTAL TIME

50 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

6 servings

CALORIES

336 kcal

INGREDIENTS

Crust

- 2 scoops unflavored protein powder
- 1 c oat flour
- ¼ c Earth Balance
- ⅛ tsp baking powder
- a pinch salt

Filling

- 2 cloves garlic minced
- ½ medium Onion diced
- 1½ c Longeve crumbles (or TVP)
- boiling water to cover
- 2½ c vegetables of choice
- 1 c vegetable broth
- ½ tsp poultry seasoning
- 1 c cold soy milk unflavored
- 3 Tbsp tapioca starch (or cornstarch)

- salt + pepper to taste
- 240 g potatoes diced

INSTRUCTIONS

Crust

1. In a large bowl, add protein powder, oat flour, baking powder, and salt. Mix well.
2. With two knives or a pasrty cutter, cut in the cold better. When you can't cut it in any further, use your hands to mix it in until it is a very crumbly homogenous mixture.
3. Add 1/4 c soy milk at a time, until the dough JUST holds together in a ball.
4. Form the dough ball into a disc. Cover and place in the fridge.

Filling

1. In a large cast-iron skillet over medium heat, add a spritz of cooking spray and your minced garlic. Cook for about 2 minutes until fragrant.
2. Add a splash of vegetable broth and your diced onion. Cook for about 5 minutes until onions are translucent.
3. While that is cooking, pour boiling water over Longeve crumbles (or TVP) until just covered. Allow to soak up all of the water.
4. Add your vegetables of choice, poultry seasoning, vegetable broth, and Longeve crumbles to the pan.
5. In a measuring cup or small bowl, whisk the tapioca starch (or cornstarch) into the cold soy milk until dissolved. Pour this mixture slowly into the pan, mixing it throughout.
6. Let simmer for 10 minutes.
7. Preheat oven to 350°F/175°C
8. While the mixture is simmering, roll your pie crust out so that it will cover your pan edge to edge if possible. If it doesn't reach exactly, that's ok. The crust is very crumbly and delicate, so be gentle.
9. Using a spatula, slide your crust on top of your pan. Use a knife to cut some vents into it.
10. Bake for 20 minutes.

NUTRITION

Nutrition Facts

Chicken Pot Pie

Amount Per Serving

Calories 336 Calories from Fat 109

% Daily Value*	
Fat 12.1g	19%
Carbohydrates 38.8g	13%
Protein 20.6g	41%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?
Let us know how it was!