# SHOPPING LIST

## Chicken Pot Pie

- ◯ Unsalted Butter
- ◯ Yellow or Spanish Onion
- ◯ Carrots
- ◯ Celery
- ◯ Thyme
- ◯ Garlic
- ◯ Rosemary
- ◯ Sage
- ◯ All-Purpose Flour
- ◯ Low-Sodium Chicken Broth
- ◯ Potatoes
- ◯ Chicken Breast
- ◯ Peas
- ◯ Corn
- ◯ Breadcrumbs or Panko

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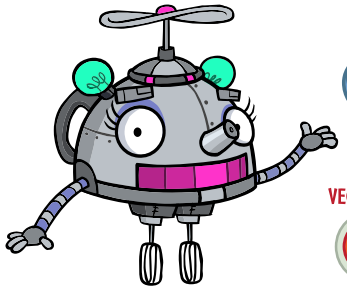
Mixiebot presents

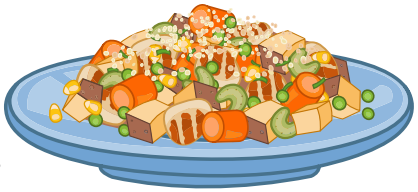
DINNER

PBS KIDS GO!

FIZZY'S LUNCH LAB

# Chicken Pot Pie





| VEGETARIAN | TIME | DIFFICULTY | SERVES |
|---|---|---|---|
| V | L | H | 4 |
| NO | About 30 min. | Hard | |

## YOU WILL NEED

### TO MAKE THE FILLING

- x 3 **3 tablespoons** unsalted butter
- **1 ½ cups** chopped yellow or Spanish onion
- **¾ cup** chopped carrots
- **½ cup** chopped celery
- **1 tablespoon** fresh thyme leaves
- **1** garlic clove, minced
- **½ teaspoon** fresh rosemary
- **½ teaspoon** dried sage
- x 3 **3 tablespoons** all-purpose flour
- x 4 **4 cups** low-sodium chicken broth, plus more as needed
- **¾ cup** diced potatoes, skin on
- x 4 **2 cups** shredded cooked chicken breast
- **¾ cup** fresh or frozen peas
- **¾ cup** fresh or frozen corn kernels

### TO MAKE THE TOPPING

- **1 ½ tablespoons** unsalted butter
- **¾ cup** fresh bread-crumbs or Panko

## DIRECTIONS

**ATTENTION KIDS: Always cook with a grownup!**

**STEP 1:** For the filling: Melt the butter in a large saucepan over medium-high heat. Add the onions, carrots, celery, thyme, garlic, rosemary and sage and cook until tender, 5 to 7 minutes. Stir in the flour until it forms a thick paste, about 1 minute.

**STEP 2:** Gradually whisk in the chicken broth. Add the potatoes and bring to a boil. Reduce the heat to low and simmer until the potatoes are tender, 15 to 20 minutes. If the mixture is too thick, add additional chicken broth. Remove from heat and stir in the chicken, peas, and corn.

**STEP 3:** For the topping: Melt the butter in a small skillet over medium heat. Add the breadcrumbs and cook until lightly browned, 2 to 3 minutes. Set aside.

**STEP 4:** Divide the filling between four bowls and sprinkle with the topping. Serve immediately.



## Nutrition Facts

Serving Size 1 Serving (570g)
Servings Per Container

| Amount Per Serving | |
|---|---|
| **Calories** 470 | Calories from Fat 150 |
| | % Daily Value* |
| **Total Fat** 16g | **25%** |
| Saturated Fat 9g | **45%** |
| Trans Fat 0g | |
| **Cholesterol** 100mg | **33%** |
| **Sodium** 290mg | **12%** |
| **Total Carbohydrate** 45g | **15%** |
| Dietary Fiber 5g | **20%** |
| Sugars 7g | |
| **Protein** 38g | |

Vitamin A 100% • Vitamin C 30%
Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4