

YIELD: 2 SERVINGS

Chicken Pot Pie Skillet Recipe

Crustless chicken pot pie is all the flavors of a tasty chicken pot pie filling in the fraction of the time!

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	25 minutes	30 minutes

Ingredients

- 2 tablespoons butter, divided use
- 1/2 pound raw chicken tenders, diced
- 1 small onion, diced
- 1 small carrot, diced
- 1/4 cup frozen peas
- 1/4 cup frozen corn
- 1/4 teaspoon dried thyme leaves
- 2 tablespoons flour
- 2 tablespoon heavy cream
- 1 cup 2% milk
- salt, to taste
- pepper, to taste
- 2 slices thick bread

Instructions

1. In a small skillet, add 1 tablespoon of the butter. Turn the heat to medium and let melt while you chop the chicken.
2. Add the chicken to the skillet, along with a pinch of salt and pepper. Cook the chicken until both sides are brown, about 4 minutes a side. It's okay if the insides are still slightly pink. Remove the chicken from the pan, trying to leave as much butter as possible, and return the pan to the heat.
3. Add the remaining tablespoon of butter to the pan, along with the onions and carrots. Saute for 5 minutes over low heat until the vegetables have softened, but not browned. The onions shouldn't brown.



4. Add the peas and corn and turn the heat back to medium. Crush the thyme leaves in your hand to release the oils and add them to the skillet. Stir to combine. Sprinkle over the flour and stir to combine. Let cook for 1 minute.
5. Add the heavy cream and milk to the pan, along with a few pinches of salt and pepper, to taste.
6. Add the chicken back in the pan, and toss to coat it with the sauce. Bring the mixture to a simmer over medium heat until thickened. It should take 1-2 minutes to thicken.
7. Meanwhile, toast the bread. Slice it on the diagonal.
8. Divide the toast between two plates and top with chicken mixture. Serve immediately.

Notes

frozen vegetables: You need 1/4 cup frozen corn and peas, plus chopped carrot. You may substitute 3/4 cup of frozen mixed vegetables instead of carrot, peas, and corn individually.

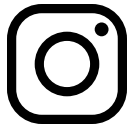
dried thyme leaves: use thyme leaves, not ground thyme for this recipe.

2 slices thick bread: I like thick Texas toast smeared with butter and placed in the toaster oven until fragrant for this recipe. Use your favorite bread, and be generous with the butter!



Nutrition Information: **YIELD:** 2 **SERVING SIZE:** 1

Amount Per Serving: CALORIES: 727 TOTAL FAT: 40g SATURATED FAT: 16g
TRANS FAT: 1g UNSATURATED FAT: 20g CHOLESTEROL: 109mg SODIUM: 1533mg
CARBOHYDRATES: 63g FIBER: 5g SUGAR: 13g PROTEIN: 32g



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