

Chicken Pot Pie

Serves 8, 1¹/₃ cups per serving

Ingredients

- 2 Tablespoons butter or margarine
- ¼ cup onion, minced
- 3 Tablespoons flour
- 1 Tablespoon salt-free all-purpose seasoning mix (Mrs. Dash™, McCormick Perfect Pinch™, etc.)
- 1 cup reduced-sodium chicken broth (NOTE: bouillon may be used, but will increase sodium)
- 1 cup low-fat milk
- 1 ½ cups carrots, sliced
- 3 cups roast chicken master mix (page x)
- 8 ounces sliced mushrooms, fresh or canned
- 1 cup frozen peas



Directions

1. Line a 2 quart casserole dish with foil, leaving enough overhang to cover food and seal foil.
2. Melt butter in skillet over medium heat.
3. Add onions and cook 4 minutes.
4. Stir in flour and seasoning.
5. Increase heat and add chicken broth and milk.
6. Bring to a boil, stirring constantly.
7. Add carrots and cook 5 minutes.
8. Add chicken master mix (page X), mushrooms and peas; cook 5 minutes.
9. Pour into prepared dish. Cool, seal, label, and freeze.
10. Once pot pie is frozen, remove from casserole dish and return to freezer.

Optional: Pot pie mix may also be placed into a freezer bag for storage.

Nutrition Note: Nutrition Facts label does not include cornbread or biscuit information.

Safety Note: If freezing in glass bakeware, please read manufacturer's instructions. Glass bakeware may break if placed directly from freezer to oven.

To Cook

Cornbread Topping:

1. Peel foil from pot pie and place into greased baking pan.
2. Thaw in refrigerator for 24 hours.
3. Prepare corn bread according to package directions.
4. Pour over top of casserole.
5. Bake at 350°F uncovered for 1 hour to 165°F.

Biscuit Topping:

1. Peel foil from pot pie and place into greased baking pan.
2. Thaw in refrigerator for 24 hours.
3. Bake at 400°F uncovered for 35 minutes.
4. Reduce oven temperature to 350°F.
5. Arrange biscuits over chicken mixture.
6. Bake at 350°F for 15 to 18 minutes, or until biscuits are golden brown and mixture reaches 165°F.

Nutrition Facts	
Serving Size 1 1/3 cups Servings Per Container 8	
Amount Per Serving	
Calories 170	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 280mg	12%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 18g	36%
*Percent Daily Values are based on a 2,000 calorie diet.	