



Quick and Easy Chicken Pot Pie

Servings 4 | Prep time 15 mins. | Total time 40-50 mins.

Equipment: 2 quart baking dish (10 cups), 10 inch skillet, Measuring cups and spoons

Utensils: Knife, Spatula, Mixing spoon

Ingredients

For the filling:

- 1 tablespoon olive or vegetable oil
- 1 onion, chopped
- ½ teaspoon pepper
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- ¼ cup flour
- 2 cups non-fat milk OR low sodium vegetable or chicken broth
- 16 ounces frozen, mixed vegetables
- 1 cup cooked, chopped chicken

For the topping:

- 1 cup biscuit or general baking mix
- ½ cup non-fat milk
- 1 egg, lightly beaten

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Heat oil in a skillet over medium heat. Add onion and cook for 5 minutes or until onion starts to turn translucent.
3. Add pepper, oregano, and garlic powder and stir to coat the onion.
4. Reduce heat to low and sprinkle the flour over the onion and stir to coat the onion. Cook for 2 minutes, stirring constantly so the flour doesn't burn.
5. Slowly pour the milk or broth into the skillet, stirring constantly. Increase the heat to medium and continue to stir for 5 minutes or until the sauce has thickened.
6. Add the vegetables and chicken and stir to combine. Pour into a 2-quart baking dish.
7. For the topping, stir together the baking mix, milk and egg. Pour over the chicken mixture in the baking dish.
8. Bake for 25-30 minutes or until the top is lightly browned.
9. Remove from oven and allow to sit for 5 minutes before serving.

Nutritional Information:

Calories 470
Total Fat 16g
Sodium 880mg
Total Carbs 48g
Protein 36g