



## Quick and Easy Chicken Pot Pie

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

### Equipment:

2-quart baking dish  
Large frying pan

### Utensils:

Knife  
Spatula  
Mixing spoon  
Measuring cups and spoons

## Ingredients

### *For the filling*

1 tablespoon olive oil OR vegetable oil  
1 onion, chopped  
1/2 teaspoon black pepper  
1 teaspoon dried oregano  
1 clove garlic, minced OR 1 teaspoon garlic powder  
1/4 cup flour  
2 cups low-fat milk OR low-sodium (chicken or vegetable) broth  
1 16 ounce package frozen vegetable mix  
1 cup chicken, cooked and chopped

### *For the topping*

1 cup all-purpose baking mix\*  
1/2 cup low-fat milk  
1 egg, lightly beaten

\*1 cup flour, 2 teaspoons baking powder, 3/4 teaspoon salt

# Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 375 degrees F.
3. Heat oil in a frying pan over medium heat. Add onion and cook for 5 minutes, or until onions become see-through.
4. Add black pepper, oregano, and garlic powder. Stir to coat the onion.
5. Reduce heat to low, sprinkle flour over the onion, and stir to coat the onion. Cook for 2 minutes, stirring constantly so the flour doesn't burn.
6. Slowly pour the milk or broth into the frying pan, stirring constantly. Increase the heat to medium and continue to stir for 5 minutes, or until the sauce has thickened.
7. Add the vegetables and chicken. Stir to combine. Pour mixture into a 2-quart baking dish.
8. For the topping, stir together the baking mix, milk, and egg. Pour over the chicken mixture in the baking dish.
9. Bake for 25-30 minutes, or until the top is slightly browned.
10. Remove from oven and allow to sit for 5 minutes before serving.

## Nutritional Information:

Calories 330 Total Fat 10g Sodium 380mg Total Carbs 39g Protein 22g

