



# 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

2 tablespoons oil, vegetable or canola  
1 cup onion, chopped  
1 teaspoon oregano (optional)  
1 teaspoon garlic powder (optional)  
1/2 teaspoon salt  
1/2 teaspoon black pepper

### *Sauce*

1/4 cup flour  
2 cups fat-free milk or vegetable stock (or bouillon cubes to make 2 cups)

### *Stir in*

16 ounce package frozen mixed vegetables, thawed (4 cups)  
1 cup cooked chopped chicken (9-10 ounces)

### *Topping*

1 cup baking mix  
1/2 cup fat-free milk  
1 egg, lightly beaten

### Nutritional Information:

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

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Heat oil in skillet over medium heat. Sauté onion for 5 minutes.
3. Add salt and pepper. Add oregano and garlic powder, if using.
4. Sprinkle flour over the cooked onion.
5. Slowly stir in the milk (or milk and stock combined) to make a sauce
6. Allow the sauce to thicken slightly.
7. Add vegetables to heat.
8. Add the cooked, chopped chicken.
9. Pour into the 2 quart backing dish.
10. Topping: Stir together the baking mix, milk and egg. Pour over the top of the chicken vegetable mixture in the baking dish.
11. Bake at 375 degrees for 25-30 minutes until lightly browned.
12. Allow to sit for 5 minutes before serving.