



# 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. Heat oil in a frying pan over medium heat. Add onion and cook for 5 minutes, or until onions become see-through.
3. Add black pepper, oregano, and garlic powder. Stir to coat the onion.
4. 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.
5. 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.
6. Add the vegetables and chicken. Stir to combine. Pour mixture 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 slightly browned.
9. 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