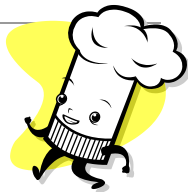


# Chicken Pot Pie – Serves 8

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## **Ingredients:**

2 tbsp	Olive oil
2	Diced onions
3	Peeled diced potatoes
1 ½ cup	Diced or sliced carrots
1 tbsp	Minced garlic
3 tbsp	Flour
3 cup	Chicken broth
4 cup	Diced cooked chicken
1 cup	Frozen peas
1 tsp	Salt
½ tsp	Ground pepper
1	14oz whole-wheat (if possible) pie crust



**Directions:** Add olive oil, onions, potatoes, carrots, minced garlic in pan cook for 10 min. Add flour and cook for 3 min. Pour in chicken broth bring to simmer cook for 15 min. Add chicken, peas, salt, pepper. Pour into a large round baking dish coated with spray. Place pie crust over the chicken mixture. Place a cut in the pie crust to let steam escape. Bake pie at 350F for 25 minutes.