

Turkey Pot Pie - 2

Prep time 30 mins. Cook time 50 mins. 1-hour Total Time 1 hr. 15 mins
Makes 1 – 9” deep dish

Ingredients

1/3 cup butter (75 gr.)	¼ tsp. garlic powder
½ cup celery, sliced ¼ “thick	2 tsp. chicken base
1/3 cup onion, chopped	1 tsp. garlic base
1/3 cup carrots, diced	1 cup milk
1/3 cup all-purpose flour	8.5 oz. IQF 4-Way Veggie mix (carrots, peas, g. beans and corn)
½ tsp. salt	16-ounce Turkey meat, roasted
½ tsp. pepper, ground	4 – 6” Pie covers
¼ tsp. celery seed	

Instructions:

1. Mix 1 ¾ cup of water in a measuring cup, adding the base for mixing.
2. Sauté onions, celery, carrots in butter to the saucepan and cook for a few minutes until soft and translucent. Stir in the flour, salt, pepper, garlic powder, flavored base and celery seed.
3. Slowly stir in the reserved water and milk. Simmer over medium-low heat until thick.
4. Add the frozen vegetables once removed from heat for cooling mixture. Taste and season with more salt, pepper or other seasoning if needed.
5. Preheat oven to 375°F.
6. Begin building the pot pie: (bottom crust / tare) (1.75 meat + 1.75 red-potatoes + 9.5 oz. of filler base). Cover with top crust, after rubbing water along bottom crust edge, press together.
7. Cut the letter **C** or **T** for identifying what flavor pie it is.
8. Bake for 50 minutes to 1 hour, or until pastry is golden brown and filling is bubbly. Cover with foil and continue to cook for an additional 10 minutes if not bubbly.

Nutrition: Calories: 201 kcal / Carbohydrates: 10g / Protein: 15 gr / Fat: 10g / Saturated Fat: 5g / Cholesterol: 59mg / Sodium: 326 mg / Potassium: 386mg / Fiber:1g / Sugar: 2g / Vitamin A: 1770IU / Vitamin C: 4.3mg / Calcium: 33mg / Iron: 0.9mg

Notes:

*Nutritional information does not include pie crust. (Calories vary for homemade or store-bought crusts)