Recipe For Health  | SEPTEMBER 2021

CHICKEN POT PIE

Enjoy this warm and savory chicken pot pie on a cool day!

*From the Kitchen of Chef John Findley*

**Featured Food:** Chicken

**Yield:** Serves 8

**Ingredients**

- 6 oz butter
- 1 onion, diced
- 2 carrots, peeled and diced
- 2 ribs celery, diced
- 4 oz. mushrooms, diced
- 6 oz. flour
- Salt, pepper, garlic, onion, thyme

- 64 oz chicken stock
- 4 med size potatoes, peeled and cubed
- 2 lbs. chicken meat (white and dark)
- 4 oz peas
- 8 oz heavy whipping cream
- Puff pastry for single crust

**Preparation**

Warm butter in a large pot over medium heat; add onion, carrot, celery, and mushrooms. Cook for about 3-5 minutes, stirring often. Turn down the heat and add flour and some seasonings. Cook for 7-10 minutes on low, stirring often. Add chicken stock, raise the heat to med-high, and stir together continually. When the mixture comes to a simmer, reduce the heat to med-low and let cook for 5-10 minutes. Add potatoes and cook for about 25 minutes, stirring often. Now add chicken and peas and let the mixture cook together for 5 minutes more. Add cream, taste, and adjust seasonings. Pour into a bowl and top with pastry dough or a puff pastry top. Bake in preheated oven for 10 minutes.