

# Chicken or Turkey Pot Pie

---

*There is nothing that says comfort food more than a steaming Chicken Pot Pie, fresh from the oven. The best time to make a chicken or turkey pot pie is when you have leftover chicken or turkey from Thanksgiving or another meal. If you have leftover gravy, all the better, as you can skip this step. This recipe also teaches you the technique of making gravy for any meal. Be sure to season with enough salt and pepper. If you are using commercially made broth, you might skip adding salt, since the salt is already in the broth.*

1	medium	onion, diced	2	carrots peeled and diced	
2	Tablespoons	canola oil	2	ribs	celery, diced
6	Tablespoons	butter or turkey fat	2	cups	peas
6	Tablespoons	flour	2	cups	cooked chicken or turkey, cut into 1/2" chunks
3	cups	chicken broth or stock	1	teaspoon	each - sage, parsley, thyme leaves (if fresh, add 1 Tablespoon)
2	small	potatoes, peeled and diced	1	pie dough for 9-inch pie	
1/4	teaspoon	salt (or to taste)			
4	grindings	fresh-ground black pepper			

- 1 Preheat oven to 375°. Prep vegetables. Add diced onion to frying pan and cook in canola oil until translucent, about 8-10 minutes. Add celery and cook a little longer.
- 2 In a pot of water, add potatoes and carrots and cook on high heat until very tender. Drain and set aside. Do not overcook, since they will be cooking again in the oven.
- 3 Make gravy in a saucepan. Melt butter or turkey fat on low heat and whisk in flour to form a roux. Make sure that every grain of flour is coated with the butter or fat.. Cook the roux for 2 minutes. Then add the chicken broth, increase heat to medium and whisk the mixture until the roux melts into the liquid. Continue to whisk occasionally until the mixture begins to boil and thicken. Use a rubber spatula occasionally, to prevent mixture from sticking to the bottom of the pot. Season with salt and pepper.
- 4 In a 9" or 10" pie plate, scatter the onion, potato, carrot, celery, peas and chicken or turkey chunks and herbs. Mix to distribute evenly. Pour in enough gravy to coat the vegetables well. Season with salt and pepper to taste.
- 5 Roll out the pie dough the size of the pie dish. Place the crust on the top of the pie bringing it to the rim of the pie dish. Bake at 375° for 30 minutes or until the crust is golden.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Total Time: 55 minutes

Oven Temperature: 375°F

## Nutrition Facts

---

Nutrition (per serving): 859 calories, 395 calories from fat, 44.5g total fat, 105.3mg cholesterol, 1562.7mg sodium, 1028.3mg potassium, 77.5g carbohydrates, 10.7g fiber, 4.8g sugar, 37.4g protein.

## Source

---

Author: Patricia K. Rose, October 2015

