

Vegetable Pot Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: 5 ounces

Ingredients	Quantity	Measure
Potatoes, White, medium dice	7	cups
Onions, Yellow or White, small dice	1	cup
Celery, small dice	1	cup
Carrots, small dice	2	cups
Vegetable Broth	12	cups
Green Peas, Frozen	3	cups
Mushrooms, Canned, drained and sliced	1	cup
Green Beans, Frozen, thawed	3	cups
Thyme, Dried	1	Tbsp.
Unbleached All-Purpose Flour	$\frac{3}{4}$	cup
Non-dairy milk, Unsweetened	1	cup
Salt	1	tsp.
Black Pepper	1	tsp.
Crust		
Unbleached All-Purpose Flour	2	cups
Salt	1	tsp.
Shortening (Vegetable)	$\frac{3}{4}$	cup
Water (ICE COLD)	6	Tbsp.

Preparation

1. Heat oven to 350 degrees.
2. Put potatoes, onion, celery, and carrots in water. Bring to a boil and let cook for 10 minutes. Add salt and pepper.
3. Add peas, mushrooms, green beans, and fresh thyme. Cook until all vegetables are tender.
4. Make a slurry with the flour and non-dairy milk. Stir in the cooked mixture. Bring to a boil for 3-5 minutes.
5. Taste and adjust salt.
6. While the mixture is cooking, make the crust. Put the flour, salt, and shortening into a bowl of a food processor. Pulse a few times to mix. Add water 1 Tablespoon at a time and pulse until the mixture forms a ball. Pulse a couple more times to make sure the mixture is blended well. DO NOT OVER MIX.
7. Remove the dough ball from the food processor and wrap in plastic. Cool until needed.
8. Pour pot pie mixture into $\frac{1}{2}$ pans. Roll out the crust and cover the pan with dough. Slice vents in the middle to allow the mixture to steam and bake until golden brown.

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Continued

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Serving Information

Cut into 5 oz pieces and serve with grilled zucchini and squash.

Nutrition Information

 *From USDA Nutrient Database

Calories: 459 Total Fat: 18g Saturated Fat: 2.8g Monounsaturated Fat: 10g Polyunsaturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 62.6g Fiber: 10.5g Total Sugar: 6.4g Protein: 11.2g Sodium: 1393mg Vitamin A: 271µg Vitamin C: 32.4mg Calcium: 154mg Iron: 8.6mg Folate: 83µg

