
Pot Pie

Description

Pot pie is the ultimate comfort food and perfect to share during the holidays. This plant-forward recipe is versatile as you can switch out the topping with mashed potatoes to create a Shepherd's pie as well as create a gluten free crust option for your friends who avoid wheat. Bon Appetit!

Total time: 1 hr Yield: 3 servings

Ingredients

3 to 4 Tbsp oil (divided)
1/2 cup onion (chopped)
1/2 cup celery (chopped)
1/2 cup carrot (chopped)
1/2 tsp thyme
1/2 tsp poultry seasoning
1/2 tsp sage
1/2 cup green beans (chopped)
1/2 cup raw cashews (add hot water to cover cashews & soak for 10 minutes to soften)
1/2 tsp salt
1/2 tsp pepper
1/2 cup frozen peas
1 Tbsp fresh parsley (minced, optional)
1 cup white flour (or gluten free flour blend)
1/4 tsp baking powder
3 to 4 Tbsp water

Prep Time: 30 min Cooking Time: 30 min Total Time: 1 hr

Instructions

In a large skillet, heat 1 tbsp. oil and sauté onions, celery and carrots. Add thyme, poultry seasoning and sage. Then add the green beans. Blend together the cashews and water until creamy, strain through a fine-mesh colander into the vegetable mixture. Add salt and pepper and stir until the sauce starts to thicken. Take off the heat and add the peas and optional items to taste. Pour into a deep pie plate or 9"x 9" square pan and cover with topping of choice.

For the crust, mix the flour, baking powder, 2 to 3 tbsp. light oil and water together. Roll out into a circle between 2 sheets of parchment or wax paper and top the pot pie. Crimp down edges and make a vent in the middle of the pie. Bake at 350° degrees for 25 to 30 minutes until the crust is browned and looks done.

For added protein, you can sauté 1 cup of tofu cubes until crispy then add into pot pie mixture. For a Shepherd's Pie version, boil 3 medium potatoes (peeled & cubed) in water for about 15 minutes, then mash with 3 to 4 tbsp. of butter or olive oil and a ½ cup of milk. If it's too dry, add some of the potato water (if saved) or more milk, 1 tbsp. at a time to get desired consistency.