

MealThymes

Personal Chef Service



Lauren McCabe, Chef, Owner
888.314.3423

chef@mealthymes.com

www.mealthymes.com

Better-For-You Mini Pot Pies

Servings: 6 - 8

These pot pies can be made with different vegetables and or meats and seasoned to taste. Since you can use the seasonings your kids like, this is a great way to get them to eat more vegetables.

Ingredients

2 T olive oil

¼ cup Whole Wheat Flour

2 cups low sodium beef or chicken stock (look for all natural, no salt added broth or stock)

1 ½ cups cooked and cooled vegetables * (onions, mushrooms, green beans, peas, carrots, peppers, etc.)

Herbs, spices and seasonings, to taste (good ones to start with are pure Asian sesame oil or Italian seasoning blends)

1 (double) whole wheat pie crust.**

Method

Pre-heat oven to 375 degrees.

Roll out pie crust on a lightly floured surface. Cut into strips the same width as the bottom of your muffin tin. Line muffin tin with two strips of crust, crossing each other and allowing some overhang past the rim. Pat down crust where any holes are. You do not want the liquid from the pot pie to leak out.

Heat olive oil in a medium saucepan over medium low heat. Add flour and cook, stirring frequently with a whisk for 5 minutes. You want the flour to get slightly toasted.

Add broth, and whisk to remove any lumps. Bring to a boil over medium high heat, whisking constantly. Once mixture has boiled, reduce heat and allow to simmer for 10 minutes. You want the mixture to be the consistency of a thick gravy. Remove from heat and allow to cool slightly.

Fill muffin tins with cooked vegetables. Spoon sauce mixture over vegetables, taking care not to overfill the pies. Fold the overhanging pieces of pie crust back over the filling. Bake immediately for about 17 minutes or until slightly browned.

Allow to cool slightly. Remove each pie from the tin using two large soup spoons or dinner forks. Serve with a side salad.

All recipes are property of Lauren McCabe & MealThymes. They may not be published or used for any commercial purpose without written authorization.

Tips::

* For cooked vegetables, avoid ones that have a high water content such as squash, tomatoes, etc.

** Whole wheat pies crusts are available at natural food stores and better supermarkets. If you would like to make your own, see the recipe at www.mealthymes.com

Make ahead:

Pies can be assembled and frozen in the muffin tins. Wrap air tight after freezing. Increase cooking time if cooking from frozen.