

MOM'S HOMEMADE CHICKEN POT PIE (well almost)

You will need any brand of frozen or refrigerated pie shells. One for the top and one for the bottom crust. Or choose to make your own. Pull and thaw prior to starting recipe.

Cook 2-3 chicken or turkey breasts or use leftovers if you have them on hand. Cook until done, chop into small pieces and set aside.

Coarsely CHOP: 2 carrots, 2 stalks celery, 1 medium onion, and 1 large potato. Sauté all vegetables in large pan with butter or canola oil for 8-10 min, until tender.

Add meat to vegetable mixture and sprinkle with poultry seasoning (2-3 tsp), salt and pepper to taste. Add 1 cup of chicken broth to meat and vegetables, and bring to a boil. In a small cup, mix a small amount of cold water and 1-2 Tablespoons of cornstarch. Add to meat and vegetable mixture stir until thick. Remove from stovetop and let cool for 10 min.

Pour into pie shell with bottom crust. Add top crust and seal edges. Poke holes in top crust before baking to release steam. Bake at 350' for 1 hour.

(other vegetable ideas include broccoli, peas, beans, etc...)

Nutrition Information: 243 calories, 8g protein, 22g carbohydrates, 14g fat, 5g saturated fat, 21mg cholesterol, 734mg sodium