



Classic Chicken Potpie

READY IN



115 min.

SERVINGS



40

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 carrots cut into 1/2-inch dice
- ☐ 2 ribs celery sliced
- ☐ 1 large eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon thyme sprigs fresh
- ☐ 4 cups chicken broth low-sodium
- ☐ 4 ounces mushrooms diced
- ☐ 1 large onion chopped

- ☐ 1 cup peas frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 1 large cubes red-skinned sweet potato diced red
- ☐ 1 teaspoon salt
- ☐ 40 servings salt and pepper
- ☐ 2 pounds chicken breast boneless skinless trimmed
- ☐ 10 tablespoon shortening chilled cut into pieces
- ☐ 6 tablespoons butter unsalted
- ☐ 8 tablespoons butter unsalted chilled cut into pieces
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups milk whole

Equipment

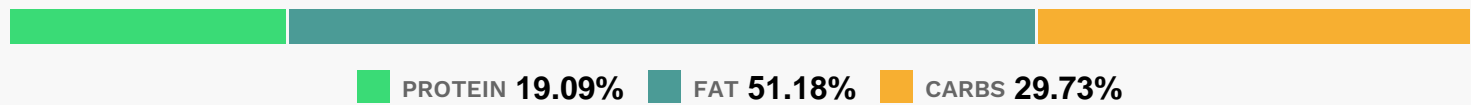
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ rolling pin
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Make pastry: In a food processor, pulse flour, salt and pepper. Pulse in butter and shortening until mixture resembles coarse meal. With motor running, add 6 Tbsp. cold water; process just until dough forms a ball, adding more water if necessary. Turn dough out onto a lightly floured

- countertop; knead until it comes together. Shape into a rectangle, wrap in plastic wrap and chill.
- ☐ Place chicken in a saucepan and cover with broth. Bring to a boil over high heat. Reduce heat to medium-low and simmer until chicken is cooked through, 15 to 20 minutes. Using a slotted spoon, remove chicken to a cutting board. Strain broth; reserve. When cool enough to handle, shred chicken into bite-size pieces.
 - ☐ Preheat oven to 375F. Line a large baking sheet with foil. Mist a 9-by-13-inch baking dish with cooking spray.
 - ☐ Melt butter with oil in a large skillet over medium heat.
 - ☐ Add potato, onion, carrots, celery and mushrooms, sprinkle with 2 tsp. salt and 1/2 tsp. pepper and stir well. Cover and cook, stirring occasionally, until vegetables have softened, 15 to 20 minutes.
 - ☐ Sprinkle flour over vegetables. Cook, stirring, for 3 minutes.
 - ☐ Add 2 cups of reserved broth and milk, increase heat to high and bring to a boil, stirring constantly. Reduce heat to medium and cook, stirring, for 3 minutes. Stir in peas, reserved chicken and thyme. If mixture is very thick, thin with some of reserved broth. Season with additional salt and pepper, if desired.
 - ☐ Transfer to baking dish.
 - ☐ Brush some of beaten egg around edges of baking dish.
 - ☐ Roll out dough between 2 pieces of plastic wrap to a 14- by 10-inch rectangle.
 - ☐ Roll dough onto rolling pin and unroll it on top of baking dish. Patch any tears. Press pastry to edges of dish, trim if necessary and crimp to seal.
 - ☐ Brush top of pie with remaining egg.
 - ☐ Cut a few slits in the top to allow steam to escape.
 - ☐ Place on baking sheet and bake until top is golden and filling is bubbly, 50 to 60 minutes.
 - ☐ Let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.18, Glycemic Load:6.6, Inflammation Score:-8, Nutrition Score:7.3613043246062%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 154.65kcal (7.73%), Fat: 8.81g (13.56%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 10.59g (3.85%), Sugar: 1.46g (1.63%), Cholesterol: 30.8mg (10.27%), Sodium: 298.32mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.4g (14.8%), Vitamin A: 1825.17IU (36.5%), Vitamin B3: 3.65mg (18.26%), Selenium: 11.94µg (17.06%), Vitamin B6: 0.22mg (10.99%), Phosphorus: 91.59mg (9.16%), Vitamin B1: 0.13mg (8.59%), Vitamin B2: 0.13mg (7.67%), Manganese: 0.14mg (6.89%), Folate: 27.15µg (6.79%), Potassium: 198.54mg (5.67%), Vitamin B5: 0.56mg (5.61%), Vitamin K: 5.03µg (4.79%), Iron: 0.83mg (4.59%), Vitamin C: 3.55mg (4.31%), Fiber: 0.93g (3.73%), Magnesium: 14.02mg (3.51%), Copper: 0.06mg (3.2%), Vitamin E: 0.48mg (3.19%), Zinc: 0.39mg (2.59%), Calcium: 23.73mg (2.37%), Vitamin B12: 0.14µg (2.32%), Vitamin D: 0.23µg (1.52%)