



Dad's Leftover Turkey Pot Pie

READY IN



90 min.

SERVINGS



16

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup butter
- ☐ 1 cup celery sliced
- ☐ 0.5 teaspoon celery seed
- ☐ 1.8 cups chicken broth
- ☐ 0.7 cup flour all-purpose
- ☐ 2 cups green beans frozen
- ☐ 1 teaspoon ground pepper black
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1.3 cups milk

- ☐ 0.7 cup onion chopped
- ☐ 0.5 teaspoon onion powder
- ☐ 2 cups peas-carrots mix shopping list frozen
- ☐ 1 teaspoon salt
- ☐ 4 cups turkey meat – and meat mixed dark light cubed cooked
- ☐ 4 9-inch unbaked pie crusts

Equipment

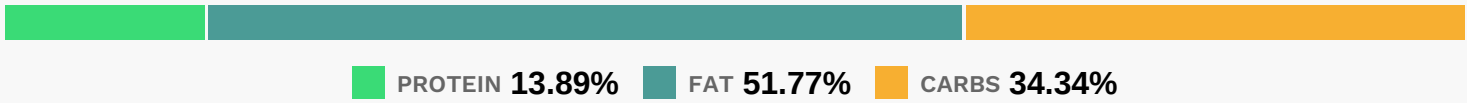
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C).
- ☐ Place the peas and carrots, green beans, and celery into a saucepan; cover with water, bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes.
- ☐ Drain the vegetables in a colander set in the sink, and set aside.
- ☐ Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens.
- ☐ Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.
- ☐ Fit 2 pie crusts into the bottom of 2 9-inch pie dishes. Spoon half the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam.

Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil afterabout 15 minutes. Cool for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:3.69, Inflammation Score:-8, Nutrition Score:12.234782664672%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 386.24kcal (19.31%), Fat: 22.29g (34.29%), Saturated Fat: 9.52g (59.52%), Carbohydrates: 33.27g (11.09%), Net Carbohydrates: 30.62g (11.14%), Sugar: 1.96g (2.17%), Cholesterol: 46.74mg (15.58%), Sodium: 575.3mg (25.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.91%), Vitamin A: 2067.92IU (41.36%), Vitamin B3: 4.96mg (24.78%), Selenium: 13.49µg (19.27%), Manganese: 0.38mg (19.21%), Vitamin B1: 0.26mg (17.52%), Vitamin B6: 0.32mg (16%), Folate: 61.86µg (15.46%), Vitamin B2: 0.26mg (15.24%), Phosphorus: 151.97mg (15.2%), Iron: 2.29mg (12.71%), Vitamin K: 12.77µg (12.16%), Fiber: 2.65g (10.59%), Vitamin B12: 0.56µg (9.42%), Zinc: 1.17mg (7.8%), Potassium: 266.8mg (7.62%), Magnesium: 29.66mg (7.42%), Vitamin B5: 0.7mg (7.02%), Calcium: 59.3mg (5.93%), Copper: 0.11mg (5.5%), Vitamin C: 4.35mg (5.28%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.29µg (1.96%)