



Kae's Turkey Pot Pie

READY IN



80 min.

SERVINGS



10

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 1 cup chicken broth
- 1 cup evaporated milk
- 0.3 cup flour all-purpose
- 0.5 teaspoon ground pepper black
- 30 ounce vegetables mixed drained canned (such as Veg-All®)
- 1 teaspoon rubbed sage
- 1 teaspoon salt
- 4 cups turkey cooked cut into bite-size pieces

- 0.5 cup vegetable shortening

Equipment

- bowl
- baking sheet
- baking paper
- oven
- knife
- whisk
- pot
- rolling pin
- pie form
- pastry cutter

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Whisk together 1 1/2 cups of flour and 1/2 teaspoon of salt in a bowl.
- With a fork or pastry cutter, cut the shortening into the flour mixture until it becomes crumbly, then stir in water, a tablespoon at a time, just until the dough holds together. Divide dough in half; roll out each half with a rolling pin on a floured surface to make an 11-inch circle. Fit one crust into a 10-inch pie dish; place the other crust on a baking sheet or piece of parchment paper, and set aside.
- Melt butter in a large pot over medium heat.
- Combine 1/4 cup flour, 1 teaspoon of salt, black pepper, and sage in a small bowl until thoroughly mixed; stir the flour mixture into the melted butter until the mixture forms a smooth paste. Allow the mixture to bubble for about 1 minute, then stir in the chicken broth and evaporated milk. Bring the mixture to a boil, and whisk until thick, about 2 minutes.
- Remove the sauce from the heat; stir in the cooked turkey meat and mixed vegetables. Spoon the filling into the prepared pie dish. Top the pie with the remaining crust, then pinch and fold together the edges of the crusts to seal.
- Cut an X into the center of the top crust with a sharp knife.

Bake in the preheated oven until the crust is browned and the filling is bubbling, 35 to 40 minutes.

Let stand 10 minutes before serving.

Nutrition Facts

PROTEIN 18.45% **FAT 59.24%** **CARBS 22.31%**

Properties

Glycemic Index:20.2, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:13.771304293819%

Nutrients (% of daily need)

Calories: 288.88kcal (14.44%), Fat: 19.53g (30.04%), Saturated Fat: 7.31g (45.69%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 13.02g (4.74%), Sugar: 2.67g (2.96%), Cholesterol: 48.61mg (16.2%), Sodium: 467.93mg (20.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.37%), Vitamin A: 4544.69IU (90.89%), Vitamin B3: 4.39mg (21.94%), Phosphorus: 179.94mg (17.99%), Vitamin B6: 0.33mg (16.73%), Selenium: 10.6µg (15.15%), Vitamin B2: 0.26mg (15.11%), Fiber: 3.52g (14.06%), Manganese: 0.26mg (12.98%), Vitamin C: 9.33mg (11.31%), Vitamin B1: 0.17mg (11.11%), Potassium: 356.14mg (10.18%), Calcium: 95.03mg (9.5%), Magnesium: 37.66mg (9.41%), Vitamin B12: 0.54µg (9%), Zinc: 1.33mg (8.87%), Folate: 35.4µg (8.85%), Iron: 1.38mg (7.68%), Vitamin B5: 0.71mg (7.15%), Copper: 0.12mg (6.17%), Vitamin K: 6.35µg (6.04%), Vitamin E: 0.85mg (5.66%)