

STARTER & SNACK

Tofu Vegetable Pot Pie

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	20 min	50 min	8	\$1.01	328 kcal

Tofu Vegetable Pot Pie takes about 1 hour and 20 minutes from beginning to end. For \$1.01 per serving, you get a hor d'oeuvre that serves 8. One portion of this dish contains approximately 9g of protein, 22g of fat, and a total of 343 calories. This recipe from Allrecipes has 50 fans.

Ingredients

- ☐ 1/3 cup butter
- ☐ 12 ounce 1/3 package extra-firm tofu, cubed
- ☐ 1/3 cup all-purpose flour
- ☐ 2 cloves garlic, minced
- ☐ 2/3 cup milk
- ☐ 1/2 teaspoon oregano
- ☐ 1½ cups vegetable broth
- ☐ 1 stalk celery, thinly sliced
- ☐ 1 pastry for double-crust pie
- ☐ 1 cup frozen mixed vegetables
- ☐ 8 servings salt and ground black pepper to taste
- ☐ ½ cup thinly sliced onion
- ☐ ¼ cup cubed red potatoes

EQUIPMENT Frying pan, Oven, Pie form

Method

- 1

Preheat oven to 425 degrees F (220 degrees C).
- 2

Heat butter in a large skillet over medium heat; cook and stir onion, celery, garlic, and tofu until onion is tender and translucent, 10 to 15 minutes. Season with oregano, salt, and black pepper. Stir flour into vegetable mixture; toss to coat.

- 3 Slowly stir milk into vegetable mixture until thickened; about 5 minutes. Stir in vegetable broth; cook and stir until filling is thickened, about 5 minutes. Stir in frozen vegetables. Fit one pie crust into a 9-inch pie pan.
- 4 Pour filling into prepared pie crust. Top with second pie crust; crimp edges together to seal. Poke holes into top crust for ventilation during baking.
- 5 Bake pie in the preheated oven until crust is golden brown and filling is bubbling, 30 to 35 minutes.
- 6 Let cool for 10 to 15 minutes before serving.

Nutrition per serving

328

KCAL

8 g

PROTEIN

22 g

FAT

25 g

CARBS

Saturated Fat	8.5 g · 53% of daily needs
Fibre	2.2 g · 9% of daily needs
Sugar	2.3 g · 3% of daily needs
Sodium	339 mg · 15% of daily needs
Cholesterol	22.8 mg · 8% of daily needs
Vitamin C	3.7 mg · 4% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/tofu-vegetable-pot-pie-148040