



Turkey Pot Pie With Dumpling Crust

READY IN



35 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup butter
- 1.5 cups carrots diced cooked
- 1 cup chicken stock see
- 0.5 teaspoon dill dried
- 0.5 teaspoon parsley dried
- 0.5 teaspoon thyme dried
- 0.3 cup flour
- 2 cups milk

- 2 cups mushrooms quartered
- 2 cups mushrooms quartered
- 1 cup peas cooked
- 0.3 teaspoon salt
- 4 servings salt and pepper
- 0.3 teaspoon all the tabasco sauce you handle
- 4 cups turkey diced cooked

Equipment

Directions

In a large saucepan melt 1/3 cup butter.

Add mushrooms, saute 2 minutes.

Sprinkle with 1/4 cup flour and continue cooking for about 5 minutes, stirring constantly, do not brown.

Add chicken stock and 2 cups of milk. Stir to combine and bring just to a boil.

Reduce heat and add thyme, Tabasco sauce, salt and pepper.

Mixture should thicken, simmer for 10 minutes.

Add diced turkey and mixed vegetables, stirring to combine.

Spoon into greases 12 cup casserole.

Top with dumpling crust.

DUMPLING CRUST.

In a bowl, blend remaining ingredients except milk and butter.

Cut butter in with pastry blender to form a coarse crumb.

Add milk, stirring just to combine.

Turn dough onto floured surface and knead a few times.

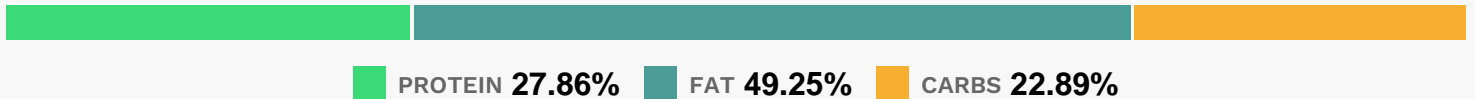
Roll out to fit top of casserole.

Place directly on top of turkey mixture and cut steam vents.

Bake at 400 F for 25 to 30 minutes.

To save time I often use frozen mixed vegetables instead of the peas and carrots.

Nutrition Facts



Properties

Glycemic Index:102.54, Glycemic Load:10.61, Inflammation Score:-10, Nutrition Score:31.497826086957%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 470.97kcal (23.55%), Fat: 26.25g (40.39%), Saturated Fat: 13.74g (85.89%), Carbohydrates: 27.45g (9.15%), Net Carbohydrates: 22.8g (8.29%), Sugar: 13.15g (14.61%), Cholesterol: 128.68mg (42.89%), Sodium: 963.14mg (41.88%), Protein: 33.41g (66.82%), Vitamin A: 9036.73IU (180.73%), Vitamin B3: 13.84mg (69.19%), Vitamin B2: 0.91mg (53.6%), Selenium: 37.29µg (53.27%), Phosphorus: 517.64mg (51.76%), Vitamin B6: 0.94mg (47.06%), Vitamin B12: 1.94µg (32.37%), Calcium: 318.77mg (31.88%), Potassium: 1035.2mg (29.58%), Vitamin B5: 2.92mg (29.22%), Vitamin B1: 0.41mg (27.1%), Copper: 0.51mg (25.72%), Vitamin C: 19.8mg (23.99%), Zinc: 3.5mg (23.35%), Fiber: 4.65g (18.61%), Folate: 74.2µg (18.55%), Vitamin K: 19.48µg (18.55%), Magnesium: 71.8mg (17.95%), Manganese: 0.35mg (17.48%), Iron: 2.95mg (16.37%), Vitamin D: 1.83µg (12.21%), Vitamin E: 1mg (6.64%)