

Chicken Pot Pie

Ingredients

- 4-1/4 tsp butter, without salt
- 1/4 cup all purpose flour
- 1/4 tsp chicken base, low sodium
- 1/2 cup milk, 1%
- 1/8 tsp poultry seasoning
- 1/8 tsp black pepper
- 1 tsp onion powder
- 8 oz frozen cooked diced chicken
- 1-2/3 cup frozen peas and carrots
- 4 whole grain biscuits

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 377 calories, 14.9 g fat, 6.78 g saturated fat, 424 mg sodium, 39.62 g carbohydrate, 4.12 g fiber, 4.8 g sugar, 20.72 g protein

Directions

1. Melt butter then add flour and stir until smooth.
2. Add chicken stock, milk, poultry seasoning, pepper, and onion powder. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
3. Add chicken, peas, and carrots. Cook over medium heat for 3-5 minutes or until internal temperature reaches 165°F.
4. Lay out biscuits on 18 x 13 inch pans lined with parchment paper and bake at 350°F for 12 minutes, or per instructions on box.
5. Pour into pans and top with biscuits. Portion with 6oz spoodle.