Veggie Pot Pie

Grocery List

* 1/3 C Unsalted Butter
* 1/3 C All Purpose Flour
* 1 Yellow Onion, diced
* 1 Celery Heart, diced
* 2 Carrots, peeled and sliced thin
* 2 ½ C Diced Russet Potatoes
* 1 C Chopped Broccoli
* 1 clove Garlic, minced
* 1/3 C Frozen Peas
* 1 ¾ C Low Sodium Vegetable Stock
* 1/3 C 2% Milk
* 1/3 C Whipping Cream
* 1 Tbsp. chopped Rosemary
* 2 Tbsp. chopped Parsley
* Sea Salt, Pepper

DOUGH

* 1 C All Purpose Flour
* 1 ½ tsp. Baking Powder
* ¼ Tsp. Salt
* 3 Tbsp. Unsalted Butter
* 1/3 + C Milk

Prep Time: 30 Min

Cook Time: 50 Min



1. In a medium sauce pan, melt the butter on medium low heat. Add the onion, garlic, carrots, celery, and a pinch of sea salt. Fry 8-10 minutes stirring periodically.
2. In a separate medium saucepan, bring 4 Cups cold water to a boil on medium high heat. Add in the diced potatoes and boil for about 6 minutes before adding the chopped broccoli, boil another 5 minutes. Strain and set aside.
3. To the vegetable mixture, stir in the flour and add a teaspoon of sea salt and a ½ a teaspoon of black pepper. Stir together frying on low medium for another 5 minutes or so.
4. Remove from heat and whisk in the vegetable stock, milk, and cream. Return to heat and adjust to medium. Add the chopped parsley and rosemary. Bring mixture to a boil stirring constantly until mixture thickens.
5. Reduce heat to low and stir in potatoes, broccoli, and frozen peas.
6. Preheat oven to 425 F.
7. In a small mixing bowl, combine the dry ingredients for the dough. Cut in the butter to the flour mixture. Slowly pour the milk into the mix starting with 1/3 a cup, if the dough is a little crumbly add a little more milk slowly until the dough is a bit more together.
8. Transfer to a floured surface and knead about 8 or 9 times and begin rolling the dough out to the shape of your preferred baking dish.
9. Transfer the creamy vegetable mixture to a 1 ½ qt baking dish. Place the dough over top the dish and use a knife to trim the excess dough around the edge. Use a fork to crimp the edges.
10. Bake for 30 minutes.
11. Remove from oven and cool for 6-7 minutes before service.

