

Chicken Pot Pie

Total Cook Time: 45 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 1 cup (2 cups)* chicken broth
- 2 TBSP (4 TBSP)* butter
- 1 cup (2 cups)* milk
- 2 TBSP (4 TBSP)* flour
- 6 (12)* uncooked biscuits- homemade or from a can
- Optional toppings and garnishes: Freshly ground black pepper

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (2 cups)* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When pressure cooking is complete, use a natural release for 5 minutes, then release any remaining pressure.
4. Preheat oven to 375 degrees.
5. Make the Roux: Transfer contents in the pot to a mixing bowl and return the empty pot to the pressure cooker.
6. Select sauté on the pressure cooker. Add 2 TBSP (4 TBSP)* butter, stirring until melted. Whisk in 2 TBSP (4 TBSP)* flour and cook for about 30 seconds, stirring constantly.
7. Pour in 1 cup (2 cups)* milk, whisking continuously until the mixture thickens- this happens quickly. Return the chicken and vegetable filling from the mixing bowl back into the pot, stirring gently until the mixture is thick.
8. Bake: Pour the thickened filling into an 9x9 inch (9x13 inch)* baking dish. Arrange the uncooked biscuits on top of the filling. Place into the preheated oven and cook for 15-20 minutes, until biscuits are golden brown and cooked through.

Slow Cooker Cooking Directions:

1. Place frozen meal into the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until vegetables are tender. When there is about 1 hour left, make the Roux on the stovetop. Stir that into the chicken and vegetables and slow cook until slightly thickened. Continue with step 8.

Leftover Suggestions:

- Serve this filling over cooked rice or pasta

Notes:

- For a classic chicken pot pie, bake the filling in a pie crust instead of using biscuits

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 2g	3%	Total Carbohydrate 14g	5%
Serving size 3/4 cup (188g)		Saturated Fat 0.5g	3%	Dietary Fiber 3g	11%
Calories per serving 160		Trans Fat 0g		Total Sugars 4g	
		Cholesterol 60mg	20%	Includes 0g Added Sugars	0%
		Sodium 580mg	25%	Protein 22g	
		Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 1.1mg 6% • Potassium 490mg 10%			
		Vitamin A 490mcg 50% • Vitamin C 23mg 25%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, COOKED, ROTISSERIE, ORIGINAL SEASONING, POTATO, PEAS, CARROTS, RED PEPPERS, ONION, CELERY, GARLIC, SALT, SPICE