

Chicken Pot Pie IX



Servings: 4

1 1/2 cups leftover rotisserie chicken
1 cup sliced carrots
1 cup frozen green peas
1/3 cup butter
1/3 cup chopped onion
1/3 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon celery seed
1 3/4 cups chicken broth
1 1/2 T heavy cream
2 unbaked pie crusts (9 inch)

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

In a saucepan, combine carrots and peas. Add water to cover and boil for 15 minutes. Remove from heat, drain and set aside.

In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper, and celery seed. Slowly stir in chicken broth and milk. Simmer over medium-low heat until thick. Remove from heat and set aside.

Place the chicken and the onion/peas mixture in bottom pie crust. Pour hot liquid mixture over. Cover with top crust, seal edges, and cut away excess dough. Make several small slits in the top to allow steam to escape.

Bake in the preheated oven for 30 to 35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

You can substitute 2 half chicken breasts, cubed, for the rotisserie chicken. Then cook the chicken cubes with the carrots and peas.

Per Serving (excluding unknown items): 545 Calories; 49g Fat (80.0% calories from fat); 8g Protein; 20g Carbohydrate; 3g Dietary Fiber; 164mg Cholesterol; 842mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 9 1/2 Fat.