

Grab-n-Go Meal Chicken Pot Pie

This recipe makes about 23 cups of Chicken Pot Pie



Ingredients

8 cups chopped chicken
2 cups chopped celery
2 cups chopped carrots
2 cups chopped onions
2 cups thawed peas
2 cups evaporated milk or half and half
4 cups chicken bone broth
1 cup flour
 $\frac{3}{4}$ **cup** butter
Salt and Pepper to taste
Crust Ingredients
2½ cups flour
1 cup cold butter cubed
1 tsp sugar
1 tsp salt
Cold Water as needed

Directions:

1. In a large skillet, melt a little butter and sauté the chicken until partially cooked.
2. Add celery, carrots, and onions. Cook until the chicken is fully done and veggies are slightly softened.
3. Add the rest of the butter and let it melt. Stir in flour and cook for 3–5 minutes until lightly golden.
4. Pour in chicken broth and cream. Stir until smooth and thick. Add peas, salt, and pepper.
5. Let the mixture bubble and thicken, then remove from heat and cool completely.
6. To make the crust, blend flour, butter, sugar, and salt in a food processor. Add cold water slowly until dough forms.
7. Roll out the dough, cut into discs using canning jar rings, and pre-bake at 375°F for 8–10 minutes or until golden brown.
8. Spread the cooled filling onto freeze dryer trays lined with parchment, crumble crust over the top, you can use dividers to pre-portion if desired, and freeze until solid.
9. Freeze dry.
10. Fill wide-mouth pint jars or pint mylar bags with 1 cup of freeze-dried pot pie.
11. Store in vacuum-sealed jars or mylar bags with oxygen absorbers for long-term storage.

Rehydration:

Fill the jar halfway with boiling water, cover, shake gently, and let sit for 3–5 minutes. Add more water if needed to reach desired consistency

Notes:

Food stored in jars, need to be kept in the dark for long term storage. Color and nutrition of the food stored in jars can degrade over time if exposed to light.

This recipe assumes that 1 serving is 1 cup of freeze dried chicken pot pie.

Nutritional Value Per 1 serving

Calories: 188 Protein: 12.7 g Fat: 10.5 g Carbohydrates: 9.6 g Sugar: 2.3 g Fiber: 1.0 g