

Chicken Pot Pie No Crust

Chicken pot pie with no crust is a stovetop chicken and vegetable filling served in bowls. A butter-and-flour sauce gives it the familiar creamy texture.

PREP 20 min **COOK 25 min** **TOTAL 45 min** **SERVES 6** **DIFFICULTY EASY**

INGREDIENTS

- 3 cups (420 g) cooked chicken, diced
- 1 small onion (100 g), diced
- 2 carrots (150 g), finely diced
- 1 celery stalk (70 g), diced
- 3/4 cup (105 g) frozen peas
- 3 tbsp (42 g) unsalted butter
- 1/4 cup (32 g) all-purpose flour
- 1 1/2 cups (360 ml) low-sodium chicken broth
- 3/4 cup (180 ml) milk
- 1/2 tsp (0.5 g) dried thyme
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper

Note: No pastry does not mean no wheat: the flour in the sauce still contains gluten. This method uses fully cooked chicken.

METHOD

1. Melt butter in a saucepan over medium heat. Cook onion, carrot and celery 10 minutes until nearly tender. Stir in flour for 1 minute. Gradually whisk in broth and milk; add thyme, salt and pepper and simmer 5 minutes until thick.
2. Fold in chicken and peas and heat thoroughly, stirring gently. Simmer gently for 5 to 8 minutes until vegetables are tender and the whole mixture reaches 165°F (74°C).
3. If the sauce is too loose, simmer uncovered another 2 to 3 minutes, stirring; stop when it holds softly on a spoon.
4. Divide into six shallow bowls. Serve the chicken filling on its own; this recipe contains no pastry or biscuit layer.

STORE & REHEAT

Refrigerate within 2 hours; use within 3–4 days. Freeze cooled filling airtight up to 3 months.
Reheat on the stovetop, stirring, to 165°F (74°C); add a little water if needed.