Chicken Pot Pie Veggies



Servings: 6 | **Difficulty:** Easy

Prep: 15 min
Cook: 22 min
Rest: 0 min
Total: 37 min

Makes about 4 cups cooked vegetables for a separate pot pie. No chicken, gravy or crust is included.

INGREDIENTS

1 small onion (100 g), diced

2 carrots (150 g), diced

2 celery stalks (100 g), diced

1 medium potato (200 g), in 1/2-inch cubes

1 cup (100 g) green beans, cut into 1-inch lengths

3/4 cup (105 g) frozen peas

2 tbsp (28 g) unsalted butter

1/4 cup (60 ml) low-sodium vegetable broth

1/2 tsp (0.5 g) dried thyme

1/4 tsp (1.5 g) fine salt

1/4 tsp (0.5 g) black pepper

METHOD

1. Melt butter in a wide pan over medium heat. Cook onion, carrot and celery for 5 minutes.

2. Add potato, green beans, broth, thyme, salt and pepper. Cover, reduce heat and cook 10–12 minutes, stirring twice, until potato is almost tender.

3. Uncover and add peas. Cook another 3–5 minutes until vegetables are tender and excess broth has evaporated.

4. Use the cooked blend in a complete chicken pot pie recipe, keeping within that recipe’s stated vegetable quantity. Cool and refrigerate any unused portion promptly.

Doneness: Potato and carrot pieces should be fork-tender, peas hot and excess pan liquid evaporated. Any complete chicken filling made with them must reach 165°F (74°C).

Storage & reheating: Cool in shallow containers and refrigerate within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or colder for 3-4 days. Reheat covered with a splash of water to 165°F (74°C).