

GLUTEN FREE Homemade Hearty Chicken Pot Pie

If you have already seen or tried the Perfect Gluten Free Pie Crust recipe we have, then you saw I mentioned a Hearty Chicken Pot Pie. This filling is also Gluten Free and uses just a little bit of the THRIVE Gluten Free Flour to make the Roux and thicken the filling for a nice, old fashioned pot pie like Gramma used to make.

This one is packed full of great THRIVE products and lots of veggies for a delicious dinner for at least four. It can be made in a round pie plate or even a square baking dish. For ease of printing, we have even included the recipe for the THRIVE Gluten Free Pie Crust at the end.

GLUTEN FREE Homemade Hearty Chicken Pot Pie

Filling

1/3 Cup butter

1/2 to 3/4 Cup THRIVE onions + 1/3 +/- Water, in a small bowl

1/3 Cup THRIVE GF Flour

1/4 tsp THRIVE Black Pepper

1 3/4 Cups water to which has been added

1-2 tsp of THRIVE Chicken Bouillon (To taste)

2 Tbsp THRIVE Powdered Milk + 2/3 Cup water

1 1/2 Cups THRIVE Chicken Chunks + 3/4 Cup Water, in a medium bowl

1 Cup THRIVE Corn + 1/3 Cup HOT Water

1 Cup THRIVE Peas + 1/3 Cup HOT water

1/4 Cup THRIVE Carrots + 1/4 Cup HOT water

1/2 Cup THRIVE Celery + 4 Tbsp Water

1 Cup THRIVE Potato Chunks + 1 Cup Water (Optional)

NOTE: If I am looking for a hearty, thick pot pie filling, I use the amount of vegetables and meat listed. If looking for a little more saucy filling, reduce potato chunks, peas, corn and chicken by 1/4 Cup each, and slightly reduce the amount of water used for rehydrating these items.

Preheat oven to 425 degrees Fahrenheit.

In a large sauce pan, melt the butter, then add the onions and cook till onions are “clear”, to bring out their flavor. Remove from heat. Add 1/3 Cup THRIVE GF Flour and black pepper, stir to mix well. May be a little dry, but try to mix in all the flour with the butter. Then add the water with the bouillon already dissolved. Mix well.

Replace pot on burner and cook on medium-high to high heat until mixture thickens like gravy. Remove from heat and add re-hydrated vegetables and chicken. Pour into prepared crust, carefully place top crust on top of pie and seal edges well to prevent dripping into oven as it bakes. Poke holes in top crust to release steam while cooking, then place in a 425 oven and bake for 30-40 minutes, until crust is golden brown and pie is hot and bubbly. Remove from oven and set for 10-12 minutes to allow filling to set before serving.

NOTE: Is best to place a drip pan below the pie as it bakes, just in case the pie drips and to hopefully prevent smoke in the kitchen! :-)

THRIVE PERFECT GLUTEN FREE PIE CRUST

Gluten Free Pie Crust

2 Cups THRIVE Gluten Free Flour

1/2 tsp Himalayan Sea Salt

1/2 Cup Butter, softened, NOT melted

1 Egg

2/3 Cup Water (start with 1/3 and then add 1 Tbsp at a time until dough is right consistency)

Preheat oven to 425.

In a bowl, mix together THRIVE GF Flour and salt. Mix in softened butter until crumbly. Add egg and 1/3 cup water, mix well. As needed, add 1 Tbsp additional water until dough is the consistency of soft pie crust. This dough is not likely to be dry, like old fashioned pie crust, and may be too sticky for rolling pin.

NOTE: Experience shows that when it is as dry as old fashioned crust, it crumbles and does not hold together well when transferring to the pie plate. I prefer this dough, softer, like a stiff cookie dough, so that it may be spread with the fingers.

Making a dessert pie and want the crust a little sweet? Add your sugar to the flour and salt mixture. How about a savory crust for a pot pie or dinner pie? Add the desired spices with the dry ingredients and mix thoroughly.

Divide the dough into two pieces, slightly less than 2/3 of dough for the bottom of the crust and slightly more than 1/3 for the top crust. Place large piece of dough in the bottom of a 9 inch pie plate, flatten with the palm of the hand, then spread the dough evenly throughout the pan and up the sides, leaving a high enough edge to seal the top crust. Prick the bottom with the tines of a fork so that steam may escape and crust will not bubble up. Place in a preheated 425 degree oven for approx. 8-10 minutes, not allowing it to brown or cook fully.

While crust is baking, liberally sprinkle GF Flour or Oat flour on wax paper or parchment. Place the small piece of dough on the floured paper and flatten with palm of hand. Sprinkle top with flour and then gently press with hands to the size of the top of the pie plate. When Pie crust bottom is ready, add filling to crust. GENTLY cover the top of the pie with the top crust, trying to close all the edges with the crust so that the filling does

not spill over in the oven. Prick the top of the crust to allow steam to escape while baking. Place pie in the oven and cook according to pie recipe directions. Remember to cover the outer edges with foil to prevent burning if the baking time is long, like for an apple or pot pie.