

Chicken Pot Pie

from Leah Smith (adapted from Alton Brown)

4 cups frozen vegetable mix (peas, carrots, beans) (1, 16 oz bag)
1 to 2 tablespoons canola oil
3 tablespoons butter
1 cup chopped onion
1 cup chopped celery
1 clove garlic, crushed
1 1/2 cups low sodium chicken broth
1/2 cup milk
3 tablespoons flour
1/2 t. tarragon
2 tablespoons dried parsley
1/2 teaspoon fresh ground pepper
2 cups cubed cooked chicken
1/2 package (1 sheet) puff pastry, thawed on counter for 40 minutes

Preheat oven to 400 degrees F.

Toss frozen vegetables with canola oil and spread evenly onto a sheet pan. Place into oven and cook until golden brown.

In a saute pan heat 1 tablespoon of butter and sweat the onion and celery. In another saucepan, heat the broth and milk. Add 2 more tablespoons of butter and the crushed garlic clove to the celery mix and cook out the water.

Add the flour, thyme, and tarragon and cook for 1 to 2 minutes.

Whisk in the hot milk mixture and cook until thickened.

Add the parsley and pepper.

Toss with the browned vegetables and the chicken. Pour into a shallow baking pan, or a large terra cotta pot base, lined with foil, and top with 6 to 8 circles of puff pastry. Place into the oven and cook until puff pastry has browned and the mixture is hot and bubbly, about 25 minutes.

Freezing notes:

I make a double batch and freeze it. Just thaw it in the fridge overnight. You *can* bake it right from the oven if you're forgetful like me, but the puff pastry will just be a bit less crispy.