

Beth's Chicken Pot Pie

HolisticQ signature recipe

Comfort food from HolisticQ! A HUGE family favorite recipe that is perfect for the fall season.

Ingredients: All Organic

1 4 lb. Chicken
16 oz. package of mixed veggies
1 tsp salt
1 tsp pepper
2 tsp garlic powder
1 box/can of gf cream of mushroom soup
1 box/can of gf cream of chicken soup
Crust:
1 stick of butter
1 1/2 cup of spelt flour
1 1/2 cup of unsweetened almond milk

Preheat oven to 350°

Cover a whole organic chicken in water (I add garlic, fresh parsley, paprika, salt and pepper to water). Boil chicken until tender or falling off the bone. Pull whole chicken from hot water and cool in refrigerator for 20 min. Keep the broth for later. Debone the chicken and dice. Spread chicken over bottom of a 9x13 baking dish. Cover with broth, but not too much, only enough to cover the bottom of the dish. Spread one package of frozen mixed veggies over chicken. (If using fresh veggies cook al dente first). Sprinkle with salt and pepper and garlic powder. Mix one box/can of cream of mushroom and cream of chicken soup together, spread over all.

Crust:

Melt 1 stick of butter. Mix in melted butter 1 1/2 cups of spelt flour and 1 1/2 cups of almond milk. Whisk till creamy with no clumps and pour over all.

Sprinkle paprika and parsley flakes over the top.

Bake for 1 hr at 350°

The leftover broth makes for a healthy soup by adding chopped veggies and rice or noodles!

Enjoy!!!