



# Chicken Pot Pie

Fall Winter Spring Summer

## NUTRITION INFORMATION

**SERVING SIZE: 1 cup**

Amount per Serving	
Calories	359 kcal
Protein	25.56 g
Carbohydrate	33.47 g
Total Fat	15.68 g
Saturated Fat	6.56 g
Cholesterol	91.55 mg
Vitamin A	2114.91 IU
Vitamin C	3.73 mg
Iron	4 mg
Calcium	103 mg
Sodium	538.22 mg
Dietary Fiber	3.72 g

**EQUIVALENTS:** 1 cup provides 2 oz equiv meat/meat alternate, 1.75 oz equiv WGR grain, and ¼ cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service

## NOTES

*This recipe makes great use of USDA frozen diced chicken meat.*

# Chicken Pot Pie • 48 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
<p>1 Preheat convection oven to 325°F or conventional oven to 350°F. Coat two 2-inch full hotel pans with cooking spray.</p>			
<b>To make the stew:</b>			
Onions or leeks	1 lb 8 oz		2 Trim and peel onion (or trim and clean leeks). Cut into ¼-inch dice.
Carrots	1 lb		3 Trim and peel carrots. Cut into ¼-inch dice.
Celery or celeriac	1 lb		4 Trim celery (or trim and peel celeriac). Cut into ¼-inch dice.
Vegetable oil		⅔ cup	5 Heat oil in large stockpot over medium heat. Add the onions (or leeks), carrots and celery (or celeriac). Cook, covered, stirring occasionally, until the vegetables are starting to soften, 10 to 12 minutes.
Enriched all-purpose flour		1½ cups	6 Sprinkle with 1½ cups all-purpose flour; stir to coat. Gradually stir in broth. Cook, stirring, until thickened, 10 to 15 minutes. Stir in poultry seasoning, garlic powder and onion powder. Stir in chicken, corn, green beans and peas. Divide between the prepared pans.
Low-sodium chicken broth		1 gal	
Poultry seasoning		¼ cup	
Garlic powder		2 Tblsp	
Onion powder		2 Tblsp	
Frozen diced chicken meat	6 lb		
Corn kernels, fresh or frozen		2 cups	
Green beans, fresh or frozen		2 cups	
Peas, frozen		2 cups	
<b>To make the biscuit topping:</b>			
Whole-wheat flour	1 lb 12 oz	1 qt + 2 cups	7 Using the whip attachment on a stand mixer, mix together whole-wheat flour, 1 qt plus ½ cup all-purpose flour, sugar, baking powder and salt in a 5-gal mixing bowl. Add butter and cut in until the size of small peas.
Enriched all-purpose flour	1 lb 4 oz	1 qt + ½ cup	
Granulated sugar		6 Tblsp	
Baking powder		¼ cup	
Kosher salt		2 Tblsp	
Butter, unsalted, cold, cubed	1 lb	2 cups	
Eggs		4 large	8 Remove whip and replace with paddle. Add eggs and buttermilk. Blend until all dry ingredients are just incorporated. (Do not overmix.) Pour half of the batter over each pan and spread to smooth the top.
Buttermilk		3 qt	
7 Bake until the topping is golden brown and the gravy is bubbling at the sides of the pan, 1 to 1¼ hours. Cut each pan into 24 squares.			