

## Vegetable Crockpot Pot Pie<sup>10</sup>

modified: <http://vegweb.com/recipes/vegetable-crock-pot-pot-pie>

Cut **5-6 very small gold or russett potatoes** into 1-2" pieces. Chop **1 c carrots**. Place in crockpot and put on high for 2 hours or microwave for 5 minutes to soften. Then add: 1/2 cup each: celery, chopped; corn 1 1/2 cups peas 1 large onion 1 large red bell pepper (can leave the onion and bell pepper in large pieces as they will cook without difficulty). Can substitute broccoli or other vegetables for celery or corn or peas if needed/desired.

Whisk 2-4T cornstarch or rice flour into 2 1/2 cups vegetable broth in a medium saucepan until well combined. Add: 1 1/2 tea each: pepper, minced garlic 2 1/2 tsp each: garlic powder ; onion powder 2 T Happy Herbivore poultry seasoning

Mix all ingredients and bring to a boil over medium heat. Allow sauce to thicken. Pour over veggies in crock pot and mix. Spray top of crock pot where biscuit will touch crock. Top veggies with biscuit dough (1 recipe that calls for 2 c flour will have enough plus some left over) spreading to cover entire top. Cook on high 4 hours. Can turn to low after 4 hours if biscuit is done or even turn it off-it will stay HOT for at least 2 hours. Some gravy will bubble up and cover biscuit as it cooks, helping biscuit cook.