

Vegetable Crockpot Pot Pie 10 \$

6		small gold or russett potatoes	2	Tbs	rice flour or cornstarch
1	cup	carrots, chopped	2 1/2	cups	vegetable broth
1/2	cup	celery, chopped	1 1/2	tsp	pepper
1/2	cup	corn	1 1/2	tsp	minced garlic
1/2	cups	peas	2 1/2	tsp	garlic powder
1	cup	green beans	2 1/2	tsp	onion powder
1		large onion	2	Tbs	poultry seasoning
1		large red bell pepper	1		biscuit dough

Calorie count includes no-fat added biscuits recipe and estimates each potato is 1/2 cup raw.

Procedure

- 1 Cut potatoes into 1-2" pieces. Place potatoes and carrots in crockpot and put on high for 2 hours or microwave for 5 minutes to soften. Place in crock pot and add other vegetables to crock pot and mix to combine.
- 2 You can leave the onion and bell pepper in large pieces as they will cook without difficulty. You can substitute broccoli or other vegetables for celery or corn or peas if needed/desired. Biscuit dough (1 recipe that calls for 2 c flour will have enough plus some left over or could use canned biscuits if in a pinch.)
- 3 "Gravy"-Whisk 2-4T rice flour or cornstarch into vegetable broth in a medium saucepan until well combined. Add pepper, minced garlic, garlic powder, onion powder, and poultry seasoning. Mix gravy 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 dough, 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.

Servings: 6 Yield: About 1 1/4 cups of vegetables per serving

Nutrition Facts

Nutrition (per serving): 345 calories, 12 calories from fat, 1.1g total fat, 0mg cholesterol, 1211.5mg sodium, 951.9mg potassium, 77.2g carbohydrates, 6.4g fiber, 9.5g sugar, 9.9g protein.