

Down-Home Vegetable Pot Pie

This is like the one you remember from childhood, only without the chicken.

Serves 8

- 1 stalk celery, finely chopped (2/3 cup)
- 1 Tbs. vegetable oil
- 1/4 cup all-purpose flour
- 1 1/2 cups vegetable broth
- 1 cup milk
- 1/2 tsp. dried thyme
- 1 large onion, finely chopped (1 1/2 cups)
- 2 medium all-purpose potatoes, peeled and cut in 1/2-inch dice (2 1/3 cups)
- 2 large carrots, peeled and cut into 1/2-inch dice (1 cup)
- 1 1/2 cups frozen corn
- 1 1/2 cups frozen peas
- 1 1/2 Tbs. unsalted butter

Pastry or Pie Crust of your choice - homemade, or purchased.

Directions

1. Prepare your pastry or pie crust of choice
2. Preheat oven to 400°F. Meanwhile, make filling. Bring medium pot of lightly salted water to a boil. Add potatoes, carrots, corn and peas; boil 5 minutes. Drain vegetables and transfer to medium bowl.
3. In medium saucepan, melt 1 1/2 tablespoons butter over medium heat. Add onion and celery and cook, stirring often, until onion has softened, 8 to 9 minutes. Stir in oil and flour and cook over low heat, stirring, 1 minute. Stir in vegetable broth. Increase heat to medium. Cook, stirring, until mixture thickens, about 2 minutes. Stir in milk and cook, stirring constantly, until thickened, about 1 1/2 minutes. Pour sauce over vegetables and stir to mix well. Season with thyme and salt and pepper to taste.
4. Transfer vegetables to 9 1/2- or 10-inch deep-dish pie pan; smooth top. Let cool 15 minutes. On a sheet of lightly floured wax paper, roll pastry into circle just slightly larger than pie pan. Invert pastry over pie pan and peel off paper. Tuck edges of pastry inside edge of pan; poke several steam vents in crust with knife. Bake until pastry is golden, 50 to 60 minutes. Let stand briefly before serving.

Nutritional Information Per serving: Calories: 390, Protein: 8g, Total fat: 17g, Saturated fat: 9g, Carbs: 50g, Cholesterol: 41mg, Sodium: 431mg, Fiber: 5g, Sugars: g

