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Easy Pot Pie with Frozen Vegetables

Serves: 4

Ingredients
6 cups frozen mixed vegetables, prepared per package
2 cups unsalted chicken stock, heated
Frozen puff pastry piece (no trans-fat variety),
cut into 4 one-inch squares
1 tablespoon cornstarch
1 tablespoon cold water
Pinch of salt, optional
Pinch of pepper

Preparation
Preheat oven to 400° F.
Place the 4 squares on a baking sheet and prick each piece several times with a fork. Bake for 8-10 minutes or until the pastry is golden brown. Remove and reserve. Reduce oven temperature to 350° F.
Divide the prepared vegetables and place 3 cups in a blender or food processor. Add 1 cup of stock and puree until smooth, adding more stock as needed to achieve a thick but pourable consistency. Combine the cornstarch and water and whisk to form a thin paste. Add paste to pureed vegetables and pulse to blend.
Combine remaining vegetables with puree. Taste for seasoning and add salt and pepper as desired. Divide the

(over)



Nutrition per serving: 240 calories; 3g total fat (1g saturated, 0g trans); 4mg cholesterol; 276mg sodium; 42g carbohydrates; 12g fiber; 10g sugars; 11g protein.



mixture between 4 ramekins or other oven proof serving bowls. Place on a sheet pan and bake for 10-12 minutes or until the vegetable filling is bubbling and thickened. Remove from oven and top with puff pastry square.

Serve warm.



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