

no-chcken pot pie

no-chicken broth, one quart and 3/4 of another
5-6 oz. tofu, frozen for two weeks and thawed before use
vegan butter
2 tbsp. white flour
6 carrots, peeled and sliced
4 stalks celery, chopped
3 cloves garlic, chopped
½ vidalia onion, chopped
4-5 yellow potatoes, peeled and diced
1 12 oz. can peas, or 12 oz. frozen
salt and pepper to taste
bay leaf
1 tbsp. old bay seasoning
phyllo dough, thawed, for a quick dinner. or you can make your crust from scratch

boil potatoes in boiling water to al dente. drain and set aside. boil carrots and celery together to al dente. drain and set aside. make a roux by melting 2 tbsp. vegan butter in large saucepan, then whisk in flour until it thickens into a paste. slowly add no-chicken broth to flour mixture, whisking while you pour. add garlic and onion, salt and pepper, and bring to boil.

add potatoes, celery, tofu and carrots to broth and lower heat to simmer. add bay leaf and old bay seasoning. cover and simmer for 10-15 minutes. you can always add more flour if you like your pot pies a little thicker in texture.

while that simmers, take 3-4 sheets of thawed phyllo and cut a circle about 3/4 inch larger than your ramekin or casserole dish. this will be the crumbly brown crust on your pie. pour vegetable broth mixture into your ramekins. place phyllo crust on top and seal edges to the dish. brush top with melted vegan butter and sprinkle with paprika. bake 1/2 hour in 350 degree oven, or until crust is brown and golden.

serve with light salad greens and a glass of white wine.

enjoy!