

CHICKEN POT PIE CASSEROLE

Preparation: 10 minutes | Cooking: 65 minutes | Servings: 6-8

INGREDIENTS

3 medium carrots, diced (about 1 1/2 cups)
3 stalks celery, diced (about 1 1/2 cups)
1 large yellow onion, diced (about 1 1/2 cups)
1 (16.3-ounce tube) whole wheat biscuit dough
4 cups cooked shredded chicken
2 cups whole milk
1 cup frozen peas
1 cup low sodium chicken broth
4 tablespoons all-purpose flour
4 tablespoons butter
1 tablespoon Dijon mustard
1 teaspoon chopped fresh thyme
1 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1/2 teaspoon garlic powder



INSTRUCTIONS

Preheat oven to 375° with rack in the center. In a large skillet, melt butter over medium-high heat. Add carrots, celery, onion, thyme, and 1/2 teaspoon salt, and cook, stirring often, until softened, 5 to 7 minutes. Add flour, and stir to coat vegetables. Cook for 2 minutes more, then add milk, broth, mustard, garlic powder and remaining 1/2 tsp salt, whisking to combine. Increase heat to high and bring to a boil. Immediately reduce heat to medium and simmer, stirring often, until thickened, 3 to 5 minutes. Fold in chicken and peas. Transfer mixture to a 13-by-9-inch baking dish. Arrange biscuits on top of filling. Sprinkle all over with salt and pepper. Bake until filling is bubbling and biscuits are golden and risen, 22 to 25 minutes. Let cool 5 minutes before serving.