

Famous Vegetable Pot Pie

Cooking Zebras
Brasher Falls Central School; Middle School Division



2013

Ingredients:

1	Carrot, large
1	Celery stalk
1 cup	Broccoli, frozen, chopped**
½ cup	Cauliflower, chopped
1	Potato, medium*
½	White onion, chopped*
¾ cup	Corn, frozen**
1 Tbsp	Canola oil
½ tsp	Salt
¼ tsp	Black pepper
3 cups	Whole wheat flour
3 cups	Unbleached flour
1 ½ cups	Shortening
1 cup	Water
2 Tbsp	Margarine
½	Onion, diced*
2 Tbsp	Whole wheat flour
1 tsp	Garlic powder
2 Tbsp	Cornstarch
1 ½ cups	Vegetable broth
2 Tbsp	Soy sauce

Directions:

Preheat oven to 350 degrees.

Crust:

Prepare the crust as for a pie by cutting in the shortening and flour. Add the appropriate amount of water. Roll pastry and cut out 8 rounds about 1" larger than pot pie tins. Line 4 pot pie tins with pastry rounds reserving the remaining rounds for the top crust.

Gravy/sauce:

Heat the margarine over medium heat in a large skillet and sauté the onion for 2 minutes. Add the flour and garlic powder and sauté for 5 more minutes.

Add the vegetable broth and cornstarch, stirring to mix the cornstarch well. Bring to a boil, and then reduce to a simmer, stirring frequently to make sure no clumps are formed.

Veggies:

Steam all veggies until tender. Sauté onions in oil, combine all the veggies and the gravy/sauce. Mix well. Generously fill pans with veggie mixture and top with the remaining pastry sealing the edges with a fork. Prick several holes in the top to let out steam. Bake at 350 degrees for 20 minutes or until nicely browned.

*Local Product

**Commodity (USDA) Product

