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## Turkey Pot Pie (S)

*Craving some comfort food after a busy Holiday season? Here you go! The original recipe title is “Chicken Pot Pie”, but we’ve renamed it here to help you “re-purpose” your Holiday leftovers!*

Serving Size: 6 to 8 people

### **INGREDIENTS:**

#### **For the Filling...**

- 1 medium diced onion
- 3 stalks celery (thinly sliced)
- 1 large carrot (thinly sliced)
- 8 ounces mushrooms (button, thinly sliced)
- 1 Tbsp butter
- 1 & 3/4 cup chicken broth
- 1 Tbsp Trim Bouillon Powder
- 1 & 1/2 cups unsweetened almond milk (or, unsweetened cashew milk)
- 1 tsp mineral salt
- 3/4 tsp black pepper
- 1 & 1/2 tsp thyme
- 1 tsp THM Glucomannan (to thicken)
- 1/4 cup heavy cream
- 2 to 3 cups leftover turkey, shredded or diced (or, cooked chicken)
- 1 cup frozen sweet peas

#### **For the Crust...**

- coconut oil spray
- 3/4 cup egg whites (carton is easier, but fresh is fine)
- 3/4 cup THM Baking Blend
- 4 Tbsp water
- 3 Tbsp butter (or coconut oil)
- 4 pinches THM Super Sweet Blend
- 4 pinches mineral salt
- 1 & 1/2 tsp aluminum free baking powder

*(Continued...)*

## **INSTRUCTIONS:**

1. Preheat the oven to 350 degrees F.
2. Make the filling. In a large skillet, saute the onion, celery, carrot and mushrooms in the butter with 1/4 cup broth and the bouillon mix until wilted and tender. Add the remaining 1 & 1/2 cups broth, the almond milk, salt, pepper, and thyme to the skillet and bring to a simmer. Push the veggies to the side and slowly add the gluccie from a spice shaker, whisking like crazy. Allow to simmer for a few minutes and thicken a bit, then add the cream and stir. Remove from heat.
3. Evenly spread the turkey and peas into a prepared 9 x 13 inch baking dish. Add the sauteed veggies and sauce over the top.
4. Make the crust. Put all ingredients in a food processor and process until well combined.
5. Spread the batter gently over the top of the pie, using the back of a spoon so it is even thickness (does not have to go to the very edges of the dish), or put the batter in a zippy bag, snip one corner, and pipe over the top in a pattern of your choice.
6. Spray the top of the pie with coconut oil, then bake for 35 minutes or until bubbly. Broil the top for another 3 to 5 minutes, watching carefully so the crust does not burn but gets a nice golden brown.

The [\*Turkey Pot Pie\*](#) recipe and other delicious THM recipes can be found at [www.TrimHealthyMembership.com](http://www.TrimHealthyMembership.com)