



Individual Chicken Pot Pies

Description

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One of my daughter's favorite meals is these individual chicken pot pies. They are easy to make and the perfect comfort food on a cold winter night. I personally love pastry crust, but I know it's the ingredient that can make chicken pot pies go from being healthy to loaded with calories. These individual pot pies have all the flavor of a full pot pie, but just half the crust. A 1/4 of a puff pastry sheet is placed on top of each one. I use ovenproof soup mugs to bake mine in. The filling covers about 1/2 to 3/4 of the size mug shown in my picture. You can use any type of ovenproof crock or bowl. This recipe serves four people, but if you wanted to make them smaller that's also a possibility. My

family isnâ€™t a big fan of leftovers so these are a great option for us and I donâ€™t feel guilty for wasting food.

This recipe is from the cookbook [Teens Cook](#). I purchased it for my son years ago, when he had interest in cooking. I thought I might have a future chef in the family, but his interest in cooking was short-lived. There are several good easy recipes in it though if you have a budding chef in your home.





Individual Chicken Pot Pies
Recipe Type: entree
Author: Dawn

Serves: 4

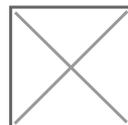
Ingredients

- 2 boneless , skinless chicken breasts
- 1 carrot (I use 2)
- 2 potatoes
- 1/2 small onion (I usually omit the onion)
- 1 celery stick (I use 2)
- 8 green beans (I usually omit)
- 2 14 oz. cans chicken broth
- 2 Tbsp cornstarch
- 2 Tbsp milk
- 1 sheet puff pastry, thawed

Instructions

1. Preheat the oven to 400 degrees.
2. Cut the chicken into bite-size pieces and place them in a large saucepan.
3. Peel, the carrot, potatoes, and onion. Dice them into 1/2 to 3/4 in pieces and add to the pan.
4. Snip ends off green beans and cut into pieces.
5. Add the chicken broth and cook over medium-high heat for 10 minutes, or until it begins to boil.
6. Decrease the heat to medium- low and simmer for 20 minutes, or until the potatoes and carrots are tender.
7. Stir together the cornstarch and milk in a small bowl until smooth.
8. Pour the cornstarch mixture into the pan, stirring constantly and cook for 3 to 4 min., or until it begins to boil.
9. Ladle the filling into 4 ovenproof crooks or bowls.
10. Unfold the puff pastry sheet and cut it to form four squares.
11. Place one pastry square over each bowl and bake them for 10 min or until the pastries are golden brown.

Linking to:



[Love Grows Wild](#)

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