



gardein™ pot pie

1 pack gardein scallopini, cut into ¼ cubes
6 cups vegan chicken stock
(try 'Better Than Bouillon')
1 cup yellow onion, diced
1 cup carrots, peeled and diced
1 cup peas
¾ tsp thyme, minced
¾ tsp sage, minced
¾ tsp sea salt
¾ tsp fresh ground pepper
1 tbsp nutritional yeast flakes
1 tbsp tamari soy sauce
3-4 tbsp canola oil

roux

¾ cup flour
¾ cup Earth Balance butter

1 puff pastry sheet rolled out to 12"x10"

pre-heat oven to 375°F

brown gardein scallopini in a sauté pan with 1 tablespoon canola oil. season with salt and pepper. remove from pan and set aside.

to make roux, melt Earth Balance in a sauté pan, add flour and whisk constantly until light brown in color. cool and set aside.

in a 5.5 qt. stock pot cook onions in canola oil for 3 min and add carrots, sage, thyme, salt and pepper.

continue to cook for 5 min. add already boiling stock and simmer for 5 min whisk in yeast flakes.

add the roux a bit at a time and continue to cook as sauce begins to thicken.

stir in gardein scallopini, tamari and peas. pour mixture into a large shallow pan to cool. once mixture is cool, pour into individual ramekins, glass pie pan or small casserole dish. cover mixture with puff pastry (be sure to leave a small excess of pastry for folding and fluting of the edge) and seal edges.

cut small slits. bake for 35 min or until internal temperature reaches 160°F.

makes 6 servings