

VEGETABLE POT PIE

Recipe Adapted from [Thug Kitchen](#)

Makes 1, 9" pie pan, or 4 individual ramekins

ingredients

*Olive Oil Crust**

3 cups whole wheat pastry flour
½ teaspoon salt
2 teaspoons dried rosemary
½ cup avocado oil (or other neutral high-heat oil)
1 to 1 ¼ cup unsweetened & unflavored non-dairy milk

Filling

½ yellow onion, chopped
1 carrot, chopped
1 cup frozen peas
1 cup frozen, organic corn
½ teaspoon salt**
½ teaspoon dried oregano
½ teaspoon dried thyme
1 teaspoon dried rosemary
¼ teaspoon black pepper
¼ cup whole wheat pastry flour
½ cup white wine
2 cups vegetable broth
1, 15 ounce can white, cannellini, or navy beans
1 teaspoon lemon juice
2 tablespoons nutritional yeast
2 teaspoons dried parsley



directions

Start by making your crust.

In a large mixing bowl, whisk together 3 cups flour, ½ teaspoon salt and 2 teaspoons dried rosemary. Using a large fork, add the oil and mix. Little balls/globs of dough will start to form. Add 1 cup of non-dairy milk and mix until a dough starts to form (you may have to switch to a wooden spoon at this point to mix). If needed, add 1 tablespoon of non-dairy milk to the bowl until a dough forms. The dough is perfect when it is slightly sticky, pulls away from the sides of the bowl, but does not stick to your fingers.

Pat the dough into a ball. Divide in two. Press each half into a small, fat disk. Wrap separately in plastic wrap or wax paper and refrigerate for at least 30 minutes, but preferably 1-hour (or up to 3 days).

While you chill the crust, start by making the filling and preheat the oven to 425 degrees.

Set aside your 9" pie pan or 4 ramekins.

Heat a large skillet over medium-high heat. Once hot, add 1/2 diced yellow onion. Saute the onion until golden and translucent, about 5-7 minutes. Add 1 tablespoon of water or vegetable broth at a time, if onion starts to stick.

Next, add the carrots (1 chopped), peas (1 cup), and corn (1 cup). Cook for 2 minutes. Add ½ teaspoon salt, ½ teaspoon dried oregano, ½ teaspoon dried thyme, 1 teaspoon dried rosemary, and ¼ teaspoon black pepper. Mix until well combined. Cook for 1 minute.

Whisk in the ¼ cup whole wheat pastry flour until there are no lumps (this will lightly coat the mixture and allow for thickening). Add in ½ cup white wine and 2 cups vegetable broth. Add the beans (1, 15 ounce can) and mix until well combined. Bring the mixture to a low boil.

Once boiling, reduce heat to simmer and simmer for 10 minutes and until mixture thickens (the filling will also thicken a little more in the oven).

While the mixture is simmering, get your pie crust from the fridge. Depending on your preference for crust, you can make a pot pie with a bottom and top crust, or just a top. If you prefer a top only, keep refrigerating or freeze the 2nd half for later use.

To assemble crust, roll each piece to about ¼ - ½ inch thick -- in the shape of your pie pan or ramekins. If making a double crust, add one crust to the bottom of the pan. Puncture a few holes in the crust with a fork. Par-bake this crust for 7-10 minutes in your pre-heated oven.

While the bottom crust is par-baking, finish the filling by adding 1 teaspoon lemon juice, 2 tablespoons nutritional yeast, and 2 teaspoons parsley. Taste test and add any seasonings to your preference. Once the



crust is par-baked, add the filling. Cover with the remaining crust over the filling. Use a small knife to cut a few vents through the dough.

Bake for 20-30 minutes, until the crust becomes golden brown.

Let the pot-pie cool for 5-10 minutes before serving.

Enjoy!



*If you are looking for an oil-free crust, check out [Forks Over Knives'](#) crust recipe.

**Salt addition is dependent on your taste preference and what type of vegetable broth you use.

find more recipes at www.wholesomeLLC.com

