

# Easy Chicken Pot Pie

Leftover chicken and frozen veggies help this chicken pot pie come together quickly.

Makes: 6 Servings  
 Prep Time: 15 minutes  
 Cook Time: 30 minutes

Source:  
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/easy-chicken-pot-pie>

## Ingredients

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut-up)
- 1 can cream of chicken soup, reduced sodium (10 3/4 ounce, condensed)
- 1 cup baking mix, reduced-fat (example: Bisquick)
- 1/2 cup milk (non-fat)
- 1 egg

## Directions

1. Wash hands with soap and water.
2. Pre-heat oven to 400 °F.
3. Mix vegetables, chicken, and soup in ungreased, 9-inch pie plate.
4. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
5. Bake 30 minutes or until golden brown.
6. Let cool for 5 minutes and serve.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	189
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	716 mg
Total Carbohydrates:	26 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	9 g
Protein	13 g

## Utensils Needed

- 9-inch Pie Plate
- Measuring Cups
- Mixing Bowl
- Large Spoon
- Can Opener
- Knife
- Cutting board

# SHOPPING LIST

Average total cost without oil and seasonings: \$13.25

Average cost/serving: \$2.21

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Frozen Mixed Vegetables, 12 oz.



Add 1 to Cart  
Reduced-Fat Baking Mix



Add 1 to Cart  
Eggs, 1 Dozen



Add 1 to Cart  
Non-Fat Milk, 1/2 Gallon



Add 1 to Cart  
Reduced-Sodium Cream of Chicken  
Soup, 10.75 oz. can

## SAVE TIME, SAVE MONEY

### Preparation Tips

- Save time and money by preparing this dish using leftover chicken or rotisserie chicken from your local grocery store.
- Want another time saver? Use leftover, cooked fresh, or frozen vegetables.

### Similar Recipes

- Cut costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Chicken Vegetable No-Crust Quiche
  - White Chicken Chili
  - Baked Kale Frittata

## My Cooking Notes