



## Easy Chicken Pot Pie

**Prep Time:** 5-10 minutes

**Cook Time:** 35 minutes

**Cost per serving:** \$0.33

### What you need:

#### Utensils:

- 9-inch pie plate
- Measuring cups
- Medium mixing bowl
- Can opener
- Mixing spoon

#### Ingredients:

- 1 $\frac{2}{3}$  cup frozen mixed vegetables, thawed
- 1 cup cut-up cooked chicken
- 1 10.75-ounce can condensed cream of chicken soup
- 1 cup reduced fat baking mix
- $\frac{1}{2}$  cup low fat or fat free milk
- 1 egg

#### What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Pre-heat oven to 400°F.
4. Mix vegetables, chicken and soup in ungreased, 9-inch pie plate
5. Stir remaining ingredients in a mixing bowl with fork until blended. Pour over vegetables and chicken in pie plate.
6. Bake 30 minutes or until golden brown.
7. Let cool for 5 minutes and serve.



**BETTER LIVING  
FOR TEXANS**

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### **Nutrition Facts**

Serving Size 1/6 of pie  
Servings Per Container 6

Amount Per Serving

**Calories 190**      **Calories from Fat 40**

**% Daily Value\***

**Total Fat 4g**      **6%**

**Saturated Fat 1g**      **5%**

**Trans Fat 0g**

**Cholesterol 50mg**      **17%**

**Sodium 460mg**      **19%**

**Total Carbohydrate 25g**      **8%**

**Dietary Fiber 1g**      **4%**

**Sugars 2g**

**Protein 11g**

**Vitamin A 15%**      • **Vitamin C 2%**

**Calcium 6%**      • **Iron 8%**