



Chicken Cranberry Pot Pie

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Garlic | 2 tsp. (1 Tbsp.)

Chopped Chicken | $\frac{3}{4}$ cup (1 $\frac{1}{2}$)

Veggie Mix

Sweet Potatoes | $\frac{2}{3}$ cup (1)

Mushrooms | 2 Tbsp. ($\frac{1}{4}$ cup)

Spinach | $\frac{1}{4}$ cup ($\frac{1}{3}$)

Chopped Onion | 2 Tbsp. ($\frac{1}{3}$ cup)

Sweetened Cranberries | $\frac{3}{4}$ cup (1 $\frac{1}{2}$)

Seasoning Blend

Chef's Choice Seasoning | $\frac{1}{4}$ tsp. ($\frac{1}{2}$ tsp.)

Italian Seasoning | 2 tsp. (1 Tbsp.)

Béchamel sauce mix | $\frac{1}{3}$ cup ($\frac{1}{2}$)

Pie Crust Mix

White Flour | 1 $\frac{1}{2}$ cups (2 $\frac{1}{3}$)

Salt | $\frac{3}{4}$ tsp. (1 tsp.)

Cane Sugar | 2 tsp. (1 Tbsp.)

Shortening Powder | $\frac{1}{2}$ cup ($\frac{3}{4}$)

grab from your pantry

Butter or Oil | 1 Tbsp. (2)

Butter | 4 Tbsp. (6)

Egg | 1 (1)

40
minutes

allergens:

Dairy, Wheat, Soy
Pantry items not included

AS PREPARED

400 CALS / FATS 20G / PROTEIN 14G / SODIUM 530MG

kitchen gadgets: Medium pot, 9" pie tin or dish (2 person 6" tins included), rolling pin, food processor

chef tip: You can make your pie dough the old-fashioned way! Add your pie crust mix to a bowl and cut in the butter with a fork.



1 *Cooking for 4:* Measurements for a four (4) person meal are in parentheses.

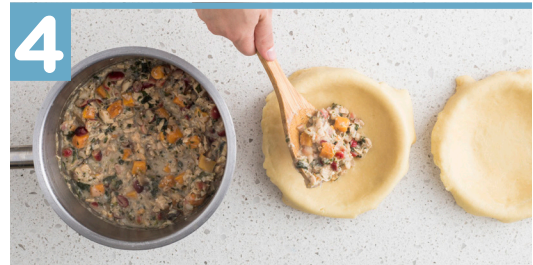
To make pie dough, add ice to 1 cup **water** and let sit. Blend 4 (6) Tbsp. of cold **butter** and **pie crust mix** in a food processor. Once butter is cut in, gradually add $\frac{1}{3}$ ($\frac{1}{2}$) cup strained cold water just until dough holds together. Don't overmix. Press dough together, wrap with plastic wrap, and refrigerate 10 minutes.



2 To make the filling, measure out $2\frac{3}{4}$ ($4\frac{1}{4}$) cups of **water** and set aside. In a medium sauce pot, add 1 (2) Tbsp. of **butter or oil** and **garlic**, then sauté on medium heat until aromatic (10-30 seconds). Add in **chopped chicken**, **veggie mix**, and **onions** and sauté for about 30 seconds, then add the water.



3 Bring to a simmer, and simmer for 6-7 minutes. Add in the **sweetened cranberries**, **seasoning blend**, and **béchamel sauce mix** and let simmer for an additional 1-2 minutes, or until thick. Add salt and pepper to taste. Let the filling cool slightly in the fridge while moving on to step four.



4 Preheat oven to 400 degrees. Grab refrigerated dough and split into 4 (2) parts. On floured surface, roll out 2 (1) pieces of dough big enough to overflow the pie tin(s) by 1 inch. Place dough in the pie tin(s), and spoon the cooled chicken filling on top.

4 Person makes one 9" pie



5 Roll out the remaining dough piece(s) and place on top of pie(s). Trim the edges of the dough to the rim of the pie tin(s). Seal the edges by crimping them together.



6 For a deep golden crust, lightly whisk an **egg** and brush onto the pie dough. Bake in the oven for 17 minutes (**22-25 minutes**) or until golden brown. Allow to cool for 10 minutes.

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Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

4.5 servings per container

Serving size 1 cup (75g)

Amount per serving

Calories 310

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 530mg 23%

Total Carbohydrate 44g 16%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 2g Added Sugars 4%

Protein 14g

Vitamin D 1mcg 6%

Calcium 75mg 6%

Iron 1mg 6%

Potassium 335mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INGREDIENTS: PIE CRUST MIX (ENRICHED WHEAT FLOUR [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes], Shortening Powder [Soybean Oil, Maltodextrin, Sodium Caseinate, Mono and Diglycerides, and Disodium Phosphate], Cane Sugar, Iodized Salt) FREEZE DRIED CHOPPED CHICKEN COOKED WHITE MEAT*, THRIVE BÉCHAMEL SAUCE POWDER (NONFAT MILK, MILK FAT, WHEY, FOOD STARCH-MODIFIED, SALT, SWEET CREAM, ONION POWDER, NONFAT MILK SOLIDS, GARLIC POWDER, SPICES, SODIUM CASEINATE, SODIUM PHOSPHATE, SILICON DIOXIDE (ANTICAKING AGENT), VITAMIN A PALMITATE, VITAMIN D3, ANNATTO COLOR), SWEETENED CRANBERRIES* (CRANBERRIES, SUGAR), SWEET POTATO*, DEHYDRATED MINCED GARLIC, CHOPPED ONIONS*, SPINACH*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), MUSHROOMS*, SPICES*.

*FREEZE DRIED

CONTAINS: WHEAT, SOY, MILK .

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