

Vegetable Pot Pie

Summary

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| Yield | Servings |
| Source | wailana |
| Prep time | 15 minutes |
| Cooking time | 30 minutes |
| Total time | 45 minutes |

Description

Here's a quick and tasty children's favorite that can be assembled ahead of time and baked when your little guests arrive. A mélange of fresh herbs and vegetables provides an armada of vitamins and minerals important for little growing bodies, and for big ones too!

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[Vegetable Pot Pie - Wai Lana Recipe](#) vegetable-pot-pie_library.jpg

Ingredients

--Pastry:

1
Potato, peeled and chopped
1?2 c
Unbleached white flour
6 Tbsp
Whole wheat pastry flour
1 pn
Salt
1?4 c
Nonhydrogenated soy margarine

--Filling:

2 c
Fresh almond milk*
1?2 Tbsp
olive oil
1?2 c
onion, diced
3 clv
Garlic, minced

1½ c
Celery, sliced
1½ c
Red bell pepper, diced
1 c
Cauliflower, cut into 1-inch pieces
1 c
Button mushrooms, sliced
1½ c
Firm tofu, cubed
1 1½ Tbsp
Bragg liquid aminos
1 Tbsp
Nonhydrogenated soy margarine
1½ Tbsp
Fresh parsley, minced
1 tspn
Fresh tarragon, minced
1 Tbsp
Lemon juice
2 Tbsp
Cornstarch mixed with 2 Tbsp. water

Salt and black pepper to taste

Instructions

1. Boil the potato until tender. Drain and mash, then set aside to cool. Measure 1/2 cup for the pastry. Meanwhile, prepare the almond milk for the filling as directed below, then set aside.
2. Combine the dry pastry ingredients in a bowl and rub in the margarine until crumbly. Add the mashed potato and mix well to form a soft dough. Cover and chill until ready to use.
3. Heat the oil in a skillet on medium heat. Add the next 6 vegetables and sauté covered until lightly browned and just tender. Add the almond milk, tofu, and next 6 ingredients and bring to a boil. Stir in the cornstarch mixture and cook until thickened. Remove from the heat and set aside.
4. Preheat the oven to 400°F. Place the dough between two 12-inch sheets of wax paper. Roll into a 10-inch circle about 1/8 inch thick. Place the filling into a 10-inch oiled round pie dish. Remove the wax paper and lay the dough across the top. Crimp the edges to seal, trim, and decorate the top with pastry leaves.
5. Bake for 15 minutes at 400°F, then reduce the heat to 350°F and bake for 30-40 minutes until the pastry is light golden brown. Cool for 10 minutes before serving.

Notes

*Almond milk: Blend 1 cup raw almonds with 2 1/2 cups hot water until smooth. Strain through a fine strainer.

Nutritional Information Per Serving:

Calories: 256, Fat 15.7g (142 cal), Carbohydrate 20.7g (83 cal), Protein 7.9g (31 cal)

Added information: Saturated Fat 2.3g, Cholesterol 0mg, Sodium 251mg, Dietary Fiber 3.7g

Source URL: <http://www.wailana.com/lifestyle/recipe/vegetable-pot-pie>