

Katie's Vegetable Pot Pie

160 gm potato, cut in small cubes
50 gm onion, chopped
75 gm carrot, sliced
25 gm celery, sliced
1 can Swanson's Vegetarian Vegetable Broth
½ cup non-dairy creamer
1.5 tbsp. butter, divided
1 tbsp. cornstarch
¼ tsp. sage
Pillsbury refrigerated Pie Crust dough (the kind you can unroll)

Boil cubed potatoes in vegetable broth until soft, about 10 minutes. Meanwhile, saute onions, carrots, and celery in ½ tbsp butter until barely tender, about 5 minutes. Drain potatoes, reserving ½ cup broth in separate cup. Make a white sauce by melting butter, adding cornstarch, and whisking until smooth. Slowly add creamer and vegetable broth and simmer until thickened. Add sautéed vegetables and potatoes to white sauce, along with sage, and salt/pepper, if desired. Fill two small (4 oz) aluminum pot pie tins with mixture (about 235 gms in each). Then top each pot pie with 28 gms of pie dough. Bake in 400-degree oven for 15-20 minutes.

Yield: 2 pot pies (523 gm total weight)
Total phe: 324
Phe per gram: .61