

Turkey Pot Pie

Author: My own concoction.



1 tablespoon olive oil
2 tablespoons unsalted butter
1 large onion, diced
4 medium carrots, diced
4 stalks celery, diced
1/3 cup all-purpose flour
2 teaspoons salt, or more to taste
1 teaspoon freshly ground black pepper, or more to taste
1 tablespoon thyme
1 1/2 cups 2% low-fat milk, or more if needed
3/4 cup half and half
1 1/2 cups water
1 tablespoon chicken broth concentrate (available from Penzey's) or use dry granules
1 medium zucchini squash, diced
1 cup mushrooms, sliced or chopped
6 cups turkey, diced, mixture of light and dark meat
1 1/2 cups frozen peas
1/4 cup fresh parsley, minced
1/3 cup heavy cream
2 tablespoons lime juice, from 1 lime
Biscuits or pastry top crust

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 292 Calories; 15g Fat (47.0% calories from fat); 24g Protein; 15g Carbohydrate; 3g Dietary Fiber; 80mg Cholesterol; 885mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.
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**Carolyn T's
Main Cookbook**

Servings: 10

Notes: Be sure to use sufficient salt and pepper in this mixture. The lime juice isn't required, but it does add a bit of brightness to the turkey mixture. You can use lemon juice instead. If you don't have zucchini, add something else - like green beans, or potatoes. I use the last of the Thanksgiving turkey gravy in this too - just more flavor for the mixture.

Description: Great use of leftover turkey

1. In a large, heavy pan (3 inch sides at least) add the oil and butter. When it has begun to shimmer and bubble, add the onions, celery and carrots. Saute for about 4-6 minutes. Add the flour and stir until the flour has been mostly absorbed, then add the chicken concentrate, milk, half and half and water. Season with salt, pepper and thyme. Bring to a boil and turn down to a low heat and simmer for about 10 minutes, until the vegetables are mostly tender. Add the zucchini and mushrooms and continue cooking until the vegetables are cooked through. Add more water or milk if the mixture is too thick. If it's too thin, add a tablespoon or so of flour to the bowl of turkey chunks.
2. Add the diced turkey, frozen peas, parsley and continue cooking until they are heated through.
3. Add the lime juice and taste for seasoning. Add heavy cream. Spoon the mixture into ramekins (large) or into ovenproof bowls or in a large ceramic casserole dish with straight sides.
4. Do not bake biscuits on top of turkey mixture unless it's piping hot when you start. Alternately, bake biscuits on a small baking sheet (then place the hot biscuit on the top of the ramekin when ready to serve) or make a pastry crust for the top of each ramekin. Bake ramekins at 350 for about 15-18 minutes. If you've refrigerated them, bake for 30 or more minutes until they've begun to bubble. Allow to cool for at least 5 minutes before serving.