

## Chicken

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# Blue-Ribbon Chicken Potpie

Tracey Seaman and Terry Grieco-Kenny - Woman's Day Magazine 07/16/96

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**Servings: 6**

**Preparation Time: 15 minutes**

**Start to Finish Time: 1 hour**

**Bake Time: 30 minutes**

**1 sheet frozen puff pastry (from a 17 1/4-ounce box), thawed according to package directions**  
**1 cup chicken broth**  
**3 medium carrots, thinly sliced**  
**8 ounces green beans, cut in 1-inch pieces**  
**2 tablespoons butter or margarine**  
**1 cup chopped onion**  
**2 tablespoons all-purpose flour**  
**1 cup half-and-half**  
**1 1/2 teaspoons fresh thyme (or 1/2 teaspoon dried), coarsely chopped**  
**1/2 teaspoon salt**  
**1/2 teaspoon pepper**  
**3 cups cooked chicken, bite-size pieces**  
**1 egg, slightly beaten**

Preheat oven to 375 degrees.

Use a deep 2-quart souffle' dish or other round casserole around seven inches across the top and three inches deep.

Using the dish as a guide, trim the pastry with kitchen scissors into a circle, leaving a 1-inch border. Discard the trimmings. Refrigerate the pastry on a large plate or cookie sheet until firm.

In a large saucepan, bring the broth to a simmer. Add the carrots and green beans. Cover and cook over medium heat just until tender, about 5 minutes. Drain, reserving the vegetables and broth in separate bowls.

Return the saucepan to medium heat. Add the butter. When the butter is melted, add the onion. Cook, stirring occasionally, for 3 to 5 minutes, until soft.

Stir in the flour and cook for 2 minutes. Gradually whisk in the reserved broth, then the half-and-half, thyme, salt and pepper. Cook, stirring often, until thick and hot, about 5 minutes. Remove from the heat. Stir in the chicken and cooked vegetables.

Scrape the chicken mixture into the souffle' dish. Cover with foil.

Bake for 30 minutes or until warm throughout.

Brush the 1-inch border of the pastry circle with the beaten egg. Invert carefully over the hot casserole. Gently press the edge of the pastry to the dish until it sticks. Brush all over the crust with more egg. Cut 2 vents in middle of pastry for steam to escape.

Bake 20 to 25 minutes until puffed and browned.

Let cool slightly before serving.

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Per Serving (excluding unknown items): 220 Calories; 8g Fat (34.1% calories from fat); 25g Protein; 11g Carbohydrate; 3g Dietary Fiber; 105mg Cholesterol; 425mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fat.