



ROASTED VEGETABLE POT PIE

AMERICAN

ROADMAP

Preheat your oven to 400.

1. Chop all the veg as described below (other than the peas) in a large bowl and toss together with your olive oil, salt, pepper & thyme. Roast in preheated oven for 20 minutes. You still want them al dente as they'll continue to cook in the sauce.
2. To make the rue, In a large Dutch oven or heavy-bottomed pot, over medium-high heat, melt the butter & add in flour - whisk together for a few minutes so the flour doesn't have a raw taste.
3. Whisk in Sherry/White wine if using & the Veg Stock until everything comes together & becomes creamy. It only takes a couple of minutes.



SERVINGS
4 - 6



ACTIVE TIME
20 MIN



TOTAL COOK TIME
45 MIN

INGREDIENTS

Vegetables:

- 1 large Onion - medium dice
- 2 large or 3 small Carrots - medium dice
- 2 Celery stocks - medium dice
- 1 small Cauliflower head (about 2 C.), chopped into small bite-size pieces
- 1 small Broccoli head (about 2 C.), chopped into bite-size pieces
- 1 small or 1/2 large Sweet Potato - small cubes

- 2 Tbsp. Olive Oil
- 1 tsp. Salt
- 1/2 tsp. Black Pepper
- 1 Tbsp. Thyme - fresh or dried
- 1/2 C. Frozen Peas

Rue/Sauce:

- 6 Tbsp. Butter
- 6 Tbsp. Flour
- 1/4 C. Sherry or White wine - optional
- 1 1/2 QT. Vegetable Stock - maybe more if it is too thick.
- 1/2 C. Half & Half
- 1/2 tsp. Salt
- 1/4 tsp. Black Pepper
- 1/4 tsp. Granulated Garlic & Granulated Onion - or powder if you can't find granulated.
- 1/4 tsp. Red Chili Flake - optional
- 2 Frozen Puffed Pastry sheets

4. Turn the heat down to low & add: half & half, salt, pepper, granulated garlic, granulated onion & chili flake.
5. Once the veg are done roasting, add to your pot & stir everything together. If it's too thick for you, splash in more stock. Don't forget to TASTE for SEASONING.
6. Roll out the thawed Puffed Pastry (just a tiny bit), brush lightly on both sides with olive oil, sprinkle

with salt, pepper & paprika, and place in your 400 oven on a foil or parchment-lined sheet pan/pans to the package directions. Once it's puffed & golden, chop it into bite-size pieces to top the Pot Pie.

What we've all been waiting for...

Grab your bowls, spoon in this luxurious Vegetarian Pot Pie, top with Puff pastry bites & dig in.

"Where's the meat?" Doubtful anyone will ask!

This Pot Pie May Be Meatless, But It's Still Hearty & Craveable. Even The Meat & Potato Men In My Life Love This Luxurious Dish. Be Prepared, And They'll Eat At Least 2-3 Bowls!