

Curry Chicken Pie

Serves 6

Preheat oven 400°F

1-9" pie crust (see coconut oil pie crust recipe)
12 oz chicken, cut ½-1" pieces
4-5 carrots, diced
1 ½ c broccoli, cut bite size
¼ small head cauliflower, cut bite size
¼ medium onion, diced
½ c spinach
11 oz cream of chicken soup, reduced sodium/fat
4 oz milk or water
1 Tbsp curry powder
¼ tsp cayenne, optional

Cook chicken and set aside. In skillet, sauté carrots in oil for a few minutes. Add broccoli, cauliflower, onion and cook to barely tender. Place cooked vegetables in bowl, add spinach. Blend soup with liquid and seasonings. Add to vegetable mixture. Stir in chicken and pour into prepared crust. Bake 35-45 minutes until thoroughly heated. Add shredded cheese for last 2-5 minutes of cooking.

Slice and serve with fresh salad.

