



## *Lenten Meatless Meal*

# Hearty Chickpea Pot Pie

---

### Ingredients:

- |  |                              |
|--|------------------------------|
| 1 Package (14.1 ounces) refrigerated pie crust | 1 cup frozen peas (thawed)   |
| 3 tablespoons butter                           | 1/4 cup all purpose flour    |
| 1 cup diced onions                             | 1 teaspoon poultry seasoning |
| 1 cup diced celery                             | 1/2 tsp ground turmeric      |
| 1 cup diced carrots                            | 1/4 tsp salt                 |
| 1 cup diced potatoes                           | 1/4 tsp pepper               |
| 2 cups vegetable broth                         | 1 can chickpeas (drained)    |

### Directions:

1. Pre-heat oven to 400 F. Unroll crust into a 9 inch pie plate; trim even with rim. Line unpricked crust with parchment. Fill with pie weights or dried beans. Bake on a lower rack until edges are light golden brown, 15-20 minutes. Remove parchment and weights; bake until bottom is golden brown, 3-6 minutes longer. Cool on a wire rack.
2. Meanwhile, in a large skillet, melt butter over medium heat. Add onions, celery, and carrots; cook and stir until onions are translucent—about 5 minutes. Stir in potatoes and peas, cooking until vegetables are tender, 5-7 minutes. Whisk in next 5 ingredients. Increase heat to medium high; gradually whisk in vegetable broth. Bring to a boil; cook, stirring constantly, until thickened, 4-6 minutes. Stir in chickpeas. Remove from heat.
3. Spoon vegetable filling over bottom crust. Unroll remaining crust; place over filling. Trim; cut slits in top.
4. Bake until top crust is golden, about 15 minutes. Cool 5 minutes before serving.

Recipe from: <https://www.tasteofhome.com/recipes/hearty-chickpea-potpie/>