

## *Grandma's Healthier Chicken Potpie*

Yield: 6 servings

- 3 tablespoons margarine
- 1/4 cup minced onion
- 3 tablespoons flour
- 1/2 teaspoon dried sage
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup low-fat milk
- 3 cups chopped cooked chicken
- 4 cups frozen mixed vegetables (such as carrots, peas, corn and green beans)
- 1 (7 1/2 -ounces) package corn-bread mix

Line a 2-quart casserole with foil, leaving enough overhang to cover food and seal foil. Melt margarine in skillet over medium heat. Add onions and cook 4 minutes. Stir in flour and seasonings. Increase heat and slowly add chicken broth and milk. Bring to a boil, stirring constantly. Add frozen vegetables and cook 5 minutes. Add cooked chicken and cook 5 more minutes. Pour into prepared dish. Cool, seal, label, and freeze. Once potpie is frozen, remove from pan and return to freezer. To prepare for dinner, peel foil from potpie and place back into baking pan. Allow to thaw in refrigerator 24 hours. Prepare corn bread according to package directions. Pour over top of casserole. Bake at 350 F uncovered for 40 minutes.



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