



Nutrition Facts	
Per serving	
Calories 340	%DV*
Fat 18g	23%
Saturated 10g	50%
+ Trans 1g	
Carbohydrates 34g	
Fibre 1g	4%
Sugars 4g	4%
Protein 10g	
Cholesterol 45mg	
Sodium 590mg	26%
Potassium 329mg	8%
Calcium 202mg	15%
Iron 2mg	10%
*5% or less is a little, 15% or more is a lot	

1% milk and frozen mixed vegetables used in analysis

Vegetable Pot Pie with Cheddar Biscuit

This vegetable pot pie recipe is a cooked milk dish that includes a cheddar biscuit topping. Both the filling and biscuit topping are made with milk. What function does the milk have in both parts of this dish?

Prep time: 20 minutes

Cooking Time: 35 minutes

Yields: 6 servings

Ingredients

Filling

- 3 tbsp (45 ml) butter
- 1 onion, diced
- 3 tbsp (45 ml) all-purpose flour
- 1 cup (250 ml) milk
- Salt and pepper to taste
- ¼ tsp (1 ml) dried thyme
- 1 package (1 lb) frozen vegetables

Cheddar Biscuit Topping

- 1 cup (250 ml) all-purpose flour
- 1½ tsp (7 ml) baking powder
- 3 tbsp (45 ml) cold butter
- ¼ tsp (1 ml) salt
- ½ cup (125 ml) shredded cheddar
- ½ cup (125 ml) milk

Instructions

Filling

1. Sauté onions and butter over medium heat until soft and transparent. Add flour and continue to sauté for about 2 min. Whisk in milk until no lumps remain. Add salt, thyme, and pepper. Allow milk to simmer, whisking often, until it thickens.
2. Whisk in broth and bring to a simmer again. You should now have a thick, creamy sauce. Add frozen vegetables and stir. Turn heat down to low and allow mixture to heat through, stirring occasionally.

Topping

1. Preheat oven to 425° F (220° C). In a bowl, whisk together flour, baking powder and salt until well combined. Cut the butter into several chunks, add it to the flour mixture, then use your hands or a pastry cutter to work the butter into the flour until the mixture resembles damp sand. Stir in cheddar.
2. Add milk to biscuit mixture and stir until a dough forms. Turn the dough out onto a lightly floured surface and press it down flat, then cut into 6 biscuits. Place the biscuits over top of the vegetable pot pie mixture.
3. Bake in skillet for 18-20 min, or until biscuits are golden brown on top and the filling is bubbly around the edges.

Adapted from Budget Bytes Vegetable Pot Pie Skillet with Cheddar Biscuit Topping