

Chickpea Pot Pie

Serves: 8 | Serving size, 1/8 of the pot pie

Ingredients Needed:

- 2 premade pie crusts (or your favorite pie crust recipe)
- 2 cups frozen mixed vegetables, cooked
- 1 (14.5 ounces) can diced potatoes
- 1 (15.5 ounces) can chickpeas (garbanzo) beans
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 cup low-sodium vegetable broth



Directions:

1. Preheat the oven to 400 degrees F.
2. If using premade pie crusts, follow instructions for preparing pie crusts; or make your 2-crust pie crust recipe. Place the bottom crust in a 9-inch glass pie plate.

3. Steam frozen vegetables according to package directions. Drain and set aside.
4. Drain and rinse potatoes and chickpeas. Combine vegetables, potatoes, and chickpeas in a mixing bowl.
5. Melt butter over medium heat in a 2-quart saucepan. Stir in flour, garlic, and onion powder. Cook, stirring constantly until blended.
6. Add vegetable broth, heat until mixture is bubbling and thickened, stirring constantly.
7. Remove from heat and add to vegetable, potato, and chickpea mixture. Mix well.
8. Spoon vegetable mixture into the pie plate lined with the bottom pie crust.
9. Top with second crust. Turn the edges of the pie crusts under to seal and flute edges. Cut slits in several places of the top pie crust.
10. Bake for 35 to 40 minutes or until golden brown.
11. Let the pie sit for 15 minutes before serving.