



Crustless Chicken Pot Pie

Serves 4-6

Ingredients:

- 2 cups chicken thighs (skinless and boneless)
- 1 ½ tablespoon butter
- 1 cup chopped onion
- 2 cloves of garlic minced
- 1 ½ cups chicken stock
- 1 cup frozen corn (organic)
- 1 cup frozen peas (organic)
- 1 ½ cups dairy-free mash potatoes (recipe in post)
- 1 cup paleo gravy (recipe in post)
- Salt and pepper

Instructions:

1. Preheat the oven to 400 degrees
2. Season chicken thighs on both sides with salt and pepper
3. In a large frying pan drop the 1 tablespoon of butter and turn heat up to medium
4. When the butter begins to melt, place chicken thighs in the pan and after a few minutes flip the thighs – when both sides are brown and the meat is fully cooked (approximately 10 minutes total but varies with thigh size)
5. Take the chicken off the pan, cut it into cubes and set aside
6. Get rid of all but one teaspoon of the liquid in the pan and add in the remaining butter into the pan along with the onions and minced garlic and caramelize the mixture
7. Once the onions are tender and a golden color add the broth and the chicken and bring mixture to a boil
8. Reduce heat and let it simmer for five minutes
9. Add salt and pepper to taste
10. Stir in corn and peas
11. Transfer the mixture to a casserole dish
12. Evenly spread mash potatoes over the mixture
13. Bake for 15 to 20 minutes (or until the mash potatoes have turned golden brown)
14. Serve it over salad or gluten free bread
15. Top with 2 tablespoons of gravy (we even like it with a dollop of cranberry sauce)