



Slow Cooker Vegetarian Pot Pie

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Servings: 7.4

Serving Size: 6 oz.

Protein Per Serving: 1.4 g

Calories Per Serving: 74

Cold winter nights call for food that doesn't just warm the body, but also the soul! This is a great hearty meal for everyone to enjoy. **I did not account for any biscuits in the nutrition information.** This way it is open to any option. I used canned biscuits when I first made this: I rolled out the dough and used cookie cutters to make smaller shapes to fit my daughter's diet. You can use any biscuit or crackers or bread with this. Enjoy!

Ingredients:

- 1 20-oz. can (280g) Canned Jackfruit, Seeds removed and roughly chopped
- 50g Diced Onion
- 2 clove(s) (6g) Garlic, fresh cloves, chopped
- 70g Shredded Carrots
- 50g Diced Celery
- 150g Small Diced Potatoes
- 90g Diced Parsnips
- 3 c (711g) Vegetable Broth
- 1 packet(s) (31g) Seasoning & Broth, Golden or Rich Brown, dry
- 2 tsp (2g) Bay Leaf, dry, about one leaf
- 2 tsp (2g) Rosemary, fresh, chopped
- 1 tsp (1g) Thyme, fresh
- 45g Diced Button Mushrooms

Creamy Mix

- 1 TBSP (8g) Wheat Starch
- 2 tsp (5g) Cornstarch
- 1 c (235g) Rice Dream, Original

Directions:

1. Put all ingredients into the slow cooker EXCEPT the mushrooms and the creamy mix. Stir to combine. Turn slow cooker on high and cook for three hours until all vegetables are tender.
2. For the creamy mix: Place the wheat starch and cornstarch in a 2-cup measuring cup. Add the one cup of rice milk and whisk until the starches are well combined with the rice milk. Add the mixture and the mushrooms to the slow cooker with the other vegetables and stir to combine. Cook until thickened, about another hour. Season with salt and pepper to taste and serve hot.

NOTES

For the jackfruit, be sure to rinse well and drain before chopping. You do not want it chopped too small. Just enough to be uniform in size to the other vegetables. You can also use vegetarian "chicken" flavored broth if you can find it in stores.