

Chicken Pot Pie Chowder

We can all agree that from New England to San Francisco, Chicken Pot Pie is a dish all Americans enjoy, especially as a hearty and filling chowder.

Ingredients

- 2 tbsp (30 mL) canola oil
- 1 medium onion
- 2 garlic cloves
- 1/4 cup (50 mL) flour
- 2 cups (500 mL) reduced-sodium chicken stock
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper
- 2 cups (500 mL) milk
- 2 cups (500 mL) frozen vegetable medley (like corn, green beans, carrots, and peas)
- 1 1/2 cups (375 mL) chopped cooked chicken
- 1/2 cup (125 mL) loosely packed fresh parsley leaves
- 1 pkg (7.5 oz or 340 g) buttermilk biscuits



pampered chef™

Instructions

1. Preheat the oven to 400°F (200°C). Heat the oil in the [Rockcrok® Dutch Oven](#) over medium heat for 3–5 minutes, or until it's shimmering.
2. Cut the onion into chunks. Place them into the [Manual Food Processor](#) and process until coarsely chopped.
3. Add the onion and garlic pressed with the [Garlic Press](#) to the Dutch oven. Cook for 3–5 minutes, or until the onions are softened, stirring occasionally.
4. Sprinkle the flour over the vegetables and stir to coat. Cook for 1 additional minute.
5. Add the stock, salt, and pepper, then increase the heat to medium-high. Bring the mixture to a simmer, scraping the bottom of the Dutch oven to release any flour.
6. Add the milk, vegetables, chicken, and parsley grated with the [Herb Mill](#); stir.
7. Gently place the biscuits on top of the chowder. Bake, uncovered, for 12–15 minutes, or until the tops of the biscuits are golden brown. Let cool for 5 minutes before serving.

Yields 6 servings

U.S. Nutrients per serving:

Calories 290, Total Fat 10 g, Saturated Fat 2 g, Cholesterol 40 mg, Sodium 620 mg, Carbohydrate 32 g, Fiber 2 g, Sugars 8 g, Protein 19 g

Cook's Tips:

Take it slow: To make this recipe in the Rockcrok® Slow Cooker Stand, substitute the cooked chicken for 1 1/2 lbs (750 g) of raw chicken. Complete steps 2–4 as directed, then add the stock, vegetables, and chicken. Cook, covered, on HIGH for 4 hours, or LOW for 8 hours. Remove from the Slow Cooker Stand; add the milk, top with the biscuits, then finish in the oven as directed.