

## Faithfully Feeding Family

Week 2, August 16, 2018

# Chicken Pot Pie

### Ingredients:

- 1 box (2 rounds) refrigerated pie crust
- 1 cup red potatoes cubed (slightly cooked)
- ½ cup carrots cut in small pieces (slightly cooked)
- ½ cup green beans cut in 1 inch pieces
- 2 ½ cups shredded or chopped chicken (fully cooked)
- ¼ cup butter
- ¼ cup flour
- ¼ cup cream
- ½ cup milk
- 1 ½ cups chicken stock + drippings from cooked chicken (or more, as needed)
- ½ tsp. onion powder
- 1 tsp. garlic powder
- Salt and pepper to taste (literally, taste it, is it good? Then that's enough)

### Instructions:

- Preheat oven to 425°
- Melt butter in a skillet over a medium to medium high burner
- Add flour and stir until well combined and bubbly
- Pour in cream and stir until it's a big ugly blob
- Add milk and keep stirring. You're going to want to get a kid to stir for you, because this is wrist abuse.
- When the liquid thickens, add more liquid, start with the drippings from the chicken you cooked, then add the chicken stock a little at a time. Stir as you do this and when it no longer continues to form a blob, but stays a liquid (albeit thick) you are probably done with adding stock.
- Add seasonings and stir well, if you don't stir it will thicken and possibly burn at the bottom of the pan, so don't stop. You can turn the burner off though and let it cool off.
- Next, place bottom pie crust into the pie tin and leave it overlapping on the outside
- Put your potatoes, chicken, carrots and beans into the crust, then pour the gravy mixture over the top.
- Place the top pie crust over the filling and then cut around the pie pan to peel away excess crust. Using a little bowl of cold water, dip a finger or two into the water and use it to seal the two crusts together. You can then crimp, twist, or pinch the edges into a desirable shape.
- Use a sharp knife to cut a few holes into the top crust. This will allow the pie to vent and not burst through the edges to make a mess in your oven.
- Bake 30-40 minutes

# Blueberry Pie

## Ingredients:

- 1 box (2 rounds) refrigerated pie crust
- 3 cups frozen blueberries
- 1 tsp. lemon juice
- 2 tbsp. butter
- 2 tbsp. flour
- 2 tsp. cinnamon
- ½ cup brown sugar

## Instructions:

- Preheat oven to 425°
- Place bottom pie crust into the pie tin and leave it overlapping on the outside
- Mix all ingredients EXCEPT BUTTER, in a bowl
- Pour blueberry mixture into pie crust, and then cut small pieces of the butter over the top of the filling.
- Place top crust over filling and then cut around the pie pan to peel away excess crust. Using a little bowl of cold water, dip a finger or two into the water and use it to seal the two crusts together. You can then crimp, twist, or pinch the edges into a desirable shape.
- Use a sharp knife to cut a few holes into the top crust. This will allow the pie to vent and not burst through the edges to make a mess in your oven.
- Bake for 20 minutes at 425°, then lower the oven temperature to 350° and bake for an additional 45 to 55 minutes, or until evenly browned and bubbling.

# Conversations:

1. If you could only do one thing for a whole day, what would you pick?
2. Where is the most beautiful place you have ever been?
3. What is your favorite thing to do when you're by yourself?
4. When you are a parent, what traditions from our family would you like to carry on?  
What things would you change?
5. If you had to go out and get a job today, where would you want to work and why?
6. What is one of your earliest memories?
7. If you could fix just one problem in the world, what would you pick?