

Vegan Pot Pie Casserole

Submitted by Michelle Broussard-Hanes

Casserole Ingredients:

1 onion, finely chopped
4 cloves of fresh garlic, finely minced
2 TBSP Smart Balance LIGHT w/ Flax “Buttery Spread” (Vegan)
4-6 zucchini, peeled and finely chopped
1 large pkg frozen Mixed Veggies
1 cup frozen Corn
1 pkg frozen Green Peas
½ jar of Roasted Red peppers
1 bunch of fresh, snipped Green Onion Tops
** salt-free seasoning

Base:

3 TBSP flour
½ cup vegetable stock
1 cup plain soy milk

Topping:

1 cup, plus 3 TBSP Bisquick
½ cup soymilk
1 egg replacer: 2 TBSP water, 1.5 tsp of Ener-G Egg Replacer powder)
**pastry sheet, or parchment paper

Directions:

Preheat oven to 400 degrees. Spray a large baking pan with non-stick cooking spray.

Sauté’ onions and garlic on a low flame, in the Smart Balance LIGHT w/ Flax, until transparent. Add finely chopped zucchini and cook until well done. Once the zucchini is cooked (it will give your “creamy base” some consistency), then add in all the frozen veggies, the roasted red peppers and the freshly snipped green onion tops. Add salt free seasoning to preference level. Once all veggies are heated, turn off flame and set aside for a few minutes.

In another pot, create your “creamy base” by adding veggie stock to the flour. Stir until smooth and cook for a few minutes. Add the soymilk and cook until it bubbles. Pour creamy base into the veggies and stir. Pour this casserole into the large baking tray, coated in non-stick cooking spray.

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Create the “pot pie” crust by blending the Bisquick, soymilk and “egg replacer” in a bowl. Lay out a pastry sheet, dusted with flour (or more Bisquick) and scoop out batter directly onto the small amount of flour. Dust the top of the batter with flour, knead and pat out a crust which will cover the entirety of the casserole dish. Try not to handle or over knead the dough, so it will be delicate and light. As this batter does not have eggs in it, Divide into 4 portions, use flat spatulas to help place on top of the casserole dish, and then pat the 4 portions together so it looks like one piece. Bake in 400 degree oven for 35-40 minutes. Crust will be light and airy and a golden shade. Enjoy!

“Truly he who is blessed and thrice blessed who keeps restraint, because really, restraint is a great virtue” Ephraim the Syrian