

Inside Out Chicken Pot Pies

Yield: 8 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mom-s-chicken-pot-pies-recipes>

Ingredients:

- 1 sheet puff pastry thawed
- 1 can cream of chicken soup
- 1 cup milk I used skim and it was fine
- 1 can chicken chunk, drained, from Costco
- 1 can mixed vegetables drained
- 1/4 teaspoon Cajun seasoning I use Emerils
- 1 pinch salt and pepper
- 1 pinch garlic salt
- rosemary sprigs for garnish, if desired, optional

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 35 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 440 milligrams
9. Sugar: 3 grams

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