

Vegan Chicken Pot Pie with Soy Curls

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/soy-southern-chicken-curls-recipe>

Ingredients:

- 2 cups soy curls Butler
- 1 cup vegetable broth low sodium
- 2 tablespoons soy Suce low sodium
- 1/2 teaspoon poultry seasoning
- 1/2 cup vegetable broth low sodium
- 2 medium carrots diced small
- 2 stalks celery diced small
- 1/2 white onion chopped
- 2 yukon gold Potatoes
- 1/2 teaspoon garlic chopped
- 1/4 teaspoon thyme
- 1/4 teaspoon turmeric
- 1/4 teaspoon salt
- 1/4 tsp Ground Pepper
- 1 pinch rubbed sage
- 1/4 cup AP flour
- 2 1/2 cups vegetable broth low sodium
- 1/3 cup peas frozen or fresh
- 1 batch buttermilk biscuit dough Fluffy Vegan, see recipe below

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 29 grams
3. Fat: 0.5 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. Sodium: 1130 milligrams

7. Sugar: 5 grams

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