

# Vegetable Pot Pie

## Ingredients:

2 tablespoons olive oil  
1 onion, chopped  
8 ounces mushrooms  
1 clove garlic, minced  
2 large carrot, diced  
2 potatoes, peeled and diced  
2 stalks celery, diced  
1 cup frozen peas  
3 cups vegetable broth  
1 teaspoon salt  
1 teaspoon black pepper  
2 tablespoons cornstarch  
2 tablespoons soy sauce or coconut aminos  
1 frozen pie crust

**Garlic-** health benefits include lower blood pressure and cholesterol, an anti-inflammatory effect, a reduced risk of cancer, and a stronger immune system

**Onions-** contain antioxidants and compounds that fight inflammation, decrease triglycerides and reduce cholesterol levels — all of which may lower heart disease risk. Their potent anti-inflammatory properties may also help reduce high blood pressure and protect against blood clots.

## Directions:

1. Preheat oven to 425 degrees. Remove pie crust from freezer and set on counter.
2. Chop all vegetables
3. Heat oil in a large skillet or saucepan. Cook onion, mushrooms and garlic in oil 3-5 min, stirring frequently Add in carrots, potatoes, celery, frozen peas and vegetable broth.
4. Bring to a boil then turn down to a simmer and cook until just tender, about 5 minutes. Season with salt and pepper
5. In a small bowl, mix cornstarch, soy sauce or coconut aminos and  $\frac{1}{4}$  cup water until cornstarch is dissolved. Stir into vegetables and cook until sauce thickens, about 3 minutes
6. Pour the filling into the pie crust.
7. Place pie crust on a baking sheet and bake in oven for 30 minutes