

**Chikn Biscuit Pot Pie**

Equipment Needed: 1 pot, 1 casserole dish (sprayed with vegetable oil), 1 Cookie sheet (sprayed with vegetable oil), 1 spoon, 1 ladle (optional), 1 bread knife (optional)

Ingredients:

1 pound Extra Firm Tofu, cubed, drained, marinated overnight in Chikn Style flavor – I used a Ziploc bag

24 oz Mixed Vegetables, frozen

32 oz Vegetable broth

1t Creole seasoning (I used SlapYaMama)

1t Turmeric

2T Whole Wheat Flour (or All-Purpose Flour)

1 can Grands Biscuits (I used the “Flaky Layer Butter Tastin’”)

Vegetable Spray

Directions:

1. Pour 32 ounces vegetable broth into pot and Add 1 teaspoon turmeric and 1 teaspoon Creole seasoning to the pot. Add to the pot the mixed vegetables on Medium Heat for 30-45 minutes or until vegetables tender.
2. Spray pan with vegetable spray. Cut biscuits with bread knife into half horizontally. Cook 15 minutes on 350 degrees (or until golden brown).
3. Spray cookie sheet and spread Chikn meat evenly on pan. Cook on 350 degrees for 20 minutes or until tofu is NOT soft and you can hear a sound when you turn them.
4. After vegetables are tender, stir in 2 Tablespoons whole wheat flour to the mixture to thicken the sauce. This should take 5-10 minutes.
5. Put it all together. Pull out the cooked biscuits from the Casserole Dish. Pour the vegetable mixture on top and spread Chikn pieces and over each biscuit. Place raw biscuit on top and Cook everything for 15 minutes on 350 degrees in the oven.
6. Remove Pot Pies from oven. Allow them to cool 5-10 minutes. Eat & Enjoy!

NOTE: You can buy more biscuits to cover the entire casserole so there are no gaps between biscuits.

Chikn Style Seasoning:

1 1/3 cup Nutritional Yeast Flakes

3 Tablespoons Onion Powder

2 ½ teaspoon Garlic Powder

2 Tablespoon Sea or Pink Himalayan Salt

½ teaspoon Celery Seed or Celery Flakes

2 Tablespoon Italian Seasoning

1 ½ teaspoon Paprika

1 Tablespoon Parsley Flakes

Blend together and store in airtight glass container