

Chicken Pot Pie

1 cup mayo
4 T cornstarch
1 pkg chicken bouillon granules
1/4 t pepper
1 1/2 Cup soy or rice milk
3 cups cooked turkey or chicken cubed
1 pkg 16oz frozen mixed vegetables thawed
Pie Crust – just use a top crust



In large sauce pan combine First 4 ingredients, gradually add milk stir until smooth heat until it thickens stir so it does not lump to make white sauce. Mean while heat chicken and veggies in microwave so warm. Stir chicken and vegetables into White Sauce and put in pie plate or 8 X8 Square pan. Top with pie crust. Cook at 375 for 35 min or until crust is brown

Single Crust Pie crust – (Must chill at least 2 hours or up to 2 days)

1 ¼ cup white rice flour
1 cup tapioca flour
1 T sugar
½ t baking soda
½ t xanthan Gum
½ t salt
¾ cup crisco shortening
½ cup soy or rice milk

Mix dry ingredients. Cut in shortening. Gradually stir in milk with a fork. On a floured surface form into a ball, then a disk. Wrap in plastic and refrigerate at least 2 hours up to 2 days. Roll out between to pieces of waxed paper.

<http://www.lincolntent.com/GFCF-Poultry.html>