

Italian Chicken and Sausage Pot Pie

When we're craving comfort food, pot pies are at the top of our favorites list. With a flaky pie crust and hands-free oven cooking, they're a dinner everyone can get excited about. This week we're putting an Italian spin on a classic with Italian-tomato sauce, cage-free chicken, sausage, and peppers and onions, all baked under an irresistible pie crust. Yum!

50 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Skillet
- Loaf Pan or Casserole Dish

FROM YOUR PANTRY

- Olive Oil or Butter
- 1 Tbsp of Flour
- Salt & Pepper

6 MEEZ CONTAINERS

- Chicken Breast
- Peppers and Onions
- Tomato and Herb Sauce
- Italian Sausage
- Mozzarella Cheese
- Pie Crust

Make The Meal Your Own

This is a great make-ahead dinner. Cook the filling a day ahead. When you're ready to eat, just top with the pie dough and bake 20 to 25 minutes in a 400-degree oven.

Our cage-free chickens thrive on an all-natural diet. They are never fed growth hormones and receive no antibiotics in their feed, their water or through intramuscular injection...ever.

Good To Know

A note on pan sizes. Chef Max prefers to bake his pot pie in a deep, narrow pan like a loaf pan because it's the perfect size for the crust, but he says a casserole dish or oven-safe saucepan will work well too.

Health snapshot per serving – 995 Calories, 61g Protein, 58g Fat, 57g Carbs, 32 Smart Points

Lightened up snapshot – 757 Calories, 39g Fat and 23 Smart points using ½ the pie crust and ½ cheese.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Cage-Free Chicken Breast, Italian Sausage, Tomatoes, Green and Red Peppers, Onion, Pie Crust, Mozzarella, White Wine, Cream, Garlic, Flour, Herbs and Spices

meez *meals*

1. Getting Organized

Preheat your oven to 400.

2. Prep the Chicken & Sausage

Generously sprinkle **Chicken Breast** with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like).

Heat a large skillet with 1 Tbsp of olive oil on medium-high heat. Add the chicken to the pan and cook for 2 minutes, until it is just slightly crisp and brown. Turn the chicken over and cook for another 2 minutes. Remove from heat and place on a cutting board. Cut the breast lengthwise into long strips, about ¼" to ½" wide. Rotate the strips 90 degrees and then cut across to create small, even cubes.

Cut the **Italian Sausage** in half lengthwise. Take each half and cut ¼ inch wide slices, forming half-moons.

3. Make the Filling

Heat 2 Tbsp of oil or butter in the now-empty large skillet over medium-high heat. Add the **Peppers and Onions** and cook until well browned, about 7 to 10 minutes. Add 1 Tbsp of flour and cook for one minute while stirring and distributing the flour evenly around the pan.

Add the **Tomato and Herb Sauce** and stir, scraping the browned bits off the bottom of the pan for about 1 minute. Reduce heat to low and simmer until it thickens to the consistency of gravy, about 5 minutes. Remove from heat. To the skillet, add the **Mozzarella Cheese**, chicken breast cubes, and Italian sausage half-moons and mix all the ingredients together.

4. Bake the Pot Pie

Transfer contents of the skillet to a loaf pan (or, if you prefer, a casserole dish), top with the **Pie Crust** and bake until crust is golden brown and flaky, about 20 to 25 minutes. Let cool slightly before serving. Enjoy!

Don't fully cook the chicken at this point. It will cook with the rest of the pot pie ingredients in the oven for another 20-25 minutes

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois