

# 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

If you ordered the **carb conscious version**, you received cauliflower instead of the pie crust reducing the **carbs per serving to 29g**. After the chicken is cooked in step 2, don't wipe out the pan and cook the cauliflower on medium high heat until it starts to brown about 2 to 3 minutes. Remove from the pan and mix with ½ the cheese. Use the cauliflower & cheese mixture to top the pie instead of the pie crust in step 4.

**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

**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**