



Cheesy Crustless Pot Pie

INGREDIENTS

- 1 lb ground turkey breast* (or 96% extra lean ground beef**)
- 6 oz Velveeta, made with 2% milk, shredded
- 1 onion, diced
- 15-oz can white potatoes, drained and diced
- 2 cups frozen mixed vegetables, thawed
- 2 stalks of celery, diced
- 1 tsp fresh thyme, minced
- 2 tsp garlic, minced
- 1/2 tsp salt
- 3/4 tsp pepper
- 1 cup water
- 2 Tbsp flour
- 2 Tbsp light butter

NUTRITION FACTS

Using Turkey Breast

Serves: 6

Amount Per Serving:

- Calories 183
- Total Fat 5 g
- Saturated Fat 2 g
- Cholesterol 62 mg
- Sodium 684 mg
- Carbohydrate 11 g
- Dietary Fiber 2 g
- Sugars 4 g
- Protein 25 g
- myWW Blue: 4
- myWW Purple: 3
- myWW Green: 6

NUTRITION FACTS

Using Ground Beef

Serves: 6

Amount Per Serving:

- Calories 210
- Total Fat 8 g
- Saturated Fat 3 g
- Cholesterol 62 mg
- Sodium 694 mg
- Carbohydrate 11 g
- Dietary Fiber 2 g
- Sugars 4 g
- Protein 22 g
- myWW Blue: 6
- myWW Purple: 5
- myWW Green: 7

DIRECTIONS

1. Heat oven to 375 degrees F.
2. Brown meat in large skillet on medium heat; drain. Return meat to skillet.
3. Add onion and celery and cook 2 to 3 minutes or until tender, stirring occasionally.
4. Add garlic, thyme, salt, pepper, mixed vegetables and potatoes and mix well.
5. Spread mixture into a 13x9-inch baking dish.
6. In skillet, melt butter on low heat. Add flour and whisk until blended. Cook 2 minutes or until hot and bubbly, stirring occasionally.
7. Gradually stir in water, cook and stir on medium heat until mixture boils and thickens.
8. Simmer on low heat for 5 minutes, stirring occasionally.
9. Pour over meat/vegetable mixture.
10. Bake for 15 minutes.
11. Top with Velveeta and bake 5 minutes more.

This recipe can be found at:

<https://planningushealthy.com/cheesy-pot-pie>

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