



Vegan Tofu and Vegetable Pot Pie

SERVES

2

INGREDIENTS

Crust

- ❑ 1 cup plus 2 tablespoons all-purpose flour
- ❑ 1 stick (1/2 cup) frozen Earth Balance Vegan Buttery Sticks
- ❑ Ice water

Filling

- ❑ 8 ounces super or extra firm tofu
- ❑ 3 tablespoons olive oil, divided
- ❑ 1 small yellow onion, diced
- ❑ 1 celery rib, diced
- ❑ 1 carrot, diced
- ❑ 2 cloves garlic, crushed
- ❑ 1 Russet potato, diced
- ❑ 1/4 cup all-purpose flour
- ❑ 2 teaspoons nutritional yeast

- ❑ 2 tablespoons soy sauce
- ❑ 1 1/4 cups vegetable broth
- ❑ 1/2 cup fresh or frozen peas
- ❑ 1 teaspoon finely chopped sage
- ❑ 1 teaspoon thyme leaves
- ❑ Salt and pepper

EQUIPMENT

- ❑ 2 (12-ounce) ramekins or other oven-safe dishes

INSTRUCTIONS

For the Crust (Part 1)

1 The secret to this crust is chilling the ingredients and tools. Place the flour in a mixing bowl and chill in the freezer while you are preparing the filling. Also place a pastry blender or fork in the freezer.

For the Filling

1 Preheat oven to 400° F.

2 Cut tofu into 1/3-inch dice and press between clean kitchen towels or paper towels to rid of excess water.

3 Heat 1 tablespoon of olive oil in a large skillet over medium heat and cook tofu until golden on all, or most, sides. Remove tofu from skillet and set aside.

4 Heat remaining 2 tablespoons of olive oil in the same skillet. Add onion, celery, carrot, and garlic and sauté until onion is translucent.

5 Add potato to the skillet and cook, stirring frequently, until tender but not mushy.

6 Add flour, nutritional yeast, and soy sauce to the skillet and stir into the vegetables.

7 Add vegetable broth and stir until combined, scraping all the browned bits from the bottom of the pan.

8 Add tofu, peas, sage, and thyme and stir until combined.

9 Remove from heat and season to taste with salt and pepper.

For the Crust (Part 2)

1 Take the supplies out of the freezer.

2 Cut the Earth Balance into smaller cubes or slices and add to the flour. Using a pastry blender or fork, cut the mixture until it resembles coarse meal. Then, using your hands, quickly rub the mixture together so that the Earth Balance is absorbed into the flour.

3 Gradually drizzle ice water into the bowl, mixing with the pastry blender or fork until the dough just comes together.

4 Quickly shape the dough into a ball and flatten into a disk. Place on a floured surface and roll out to 1/8 inch thick.

5 Place the ramekins upside-down over the dough and use a paring knife to cut out circles about 1/2 inch larger on all sides.

Assemble and Bake

1 Divide the tofu and vegetable mixture between the ramekins.

2 Place a dough round over each ramekin and tuck the sides under to form a thicker crust around the edge. Press to seal around the edges of the dishes and crimp with a fork. Cut a slit in the middle.

3 Bake in the oven until golden and bubbly, about 30 minutes.

4 Let sit for about 5 minutes before serving.

RECIPE NOTES

Crust recipe adapted from [Savvy Vegetarian's No Fail Vegan Pie Crust](#).

Gravy recipe adapted from [Becky's Vegetarian Gravy on AllRecipes.com](#).