



Vegetarian Pot Pie

★★★★★ 5 from 5 votes

This cozy vegetarian pot pie has a creamy, healthy filling made with white beans, carrots, peas, and mushrooms. Easy, protein-packed, and good for you too!

PREP:	COOK:	TOTAL:
10 mins	45 mins	1 hr

SERVINGS: 4 servings

REVIEW

SAVE

PRINT

Ingredients

- 3 tablespoons unsalted butter
- 10 ounces cremini baby bella mushrooms
- 2 medium stalks celery *diced (about a slightly heaping 1/2 cup)*
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup [all-purpose flour](#) *swap 1:1 gluten free flour to make GF*
- 2 cups unsweetened almond milk or milk of choice
- 1 15-ounce can reduced sodium white beans *rinsed and drained (or 1 1/2 cups cooked white beans)*
- 1 12-ounce bag mixed peas and carrots *or mixed frozen vegetables of choice (no need to thaw)*
- 1/2 cup frozen pearl onions *no need to thaw*
- 1 tablespoon chopped fresh thyme *or 1 teaspoon dried thyme*
- 1 tablespoon balsamic vinegar
- 1 prepared pie crust *dairy free if needed; I used my favorite [whole wheat pie crust](#)*
- 1 egg *lightly beaten with 1 tablespoon water to create an egg wash*

Instructions

- 1 Place rack in the lower third of the oven. Preheat the oven to 425 degrees F. Lightly coat a 9-inch pie dish with baking spray. Set aside.
- 2 Heat a large Dutch oven or similar deep, heavy-bottomed pan over medium-high heat. Add the butter. Once hot, add the mushrooms and cook for 6 minutes, until mushrooms

are beginning to brown, stirring occasionally. Add the celery, garlic powder, salt, and pepper. Cook until the mushrooms have browned more deeply and the celery begins to soften, about 3 additional minutes.

- 3 Sprinkle the flour over the top of the vegetables and cook 2 minutes, until the white disappears (the vegetables will seem dry). Slowly pour in the almond milk, adding a few splashes at a time, stirring constantly. Bring to a low boil, scraping any brown bits from the bottom of the pan. Continue to let bubble until thickened, about 3 to 5 minutes, stirring very often and scraping a spatula along the bottom of the pot to prevent sticking. Stir in the beans, peas and carrots, onions, thyme, and vinegar. Spoon the mixture into the prepared pie dish.
- 4 Roll the pie dough into a circle large enough to cover your dish. Brush the edges of the pie dish with the egg wash, then lay the dough over the top so that it overhangs the sides. Trim the overhang to a 1/2 inch larger than edge of the dish. Gently press the dough onto the sides of the dish so that it sticks, then brush all over with the remaining egg wash. With a sharp knife, cut 5 slits in the top.
- 5 Line a rimmed baking sheet with parchment and place the pie dish on top. Bake until the pie is hot and bubbly on the inside and the crust is deeply golden, about 20 to 25 minutes, rotating the pan 180 degrees F halfway through. Let rest a few minutes. Serve hot.

Notes

- **TO MAKE AHEAD:** The filling can be prepared ahead of time and stored in the refrigerator for 3 days or frozen for up to 3 months (let thaw overnight in the refrigerator before reheating). Add the crust just before baking.
- **TO STORE:** This recipe tastes best the day it is made because the crust is the most crisp, but you can store leftovers in the refrigerator for up to 4 days.
- **TO REHEAT:** Reheat gently in the microwave or oven at 350 degrees F until hot.
- **TO MAKE GLUTEN FREE:** Use your favorite gluten free pie crust.
- **TO MAKE VEGAN:** Use olive oil in place of the butter and a dairy-free pie crust.

Nutrition

SERVING: 1(of 4)

CALORIES: 536kcal

CARBOHYDRATES: 67g

PROTEIN: 19g

FAT: 23g

SATURATED FAT: 9g

CHOLESTEROL: 63mg

POTASSIUM: 1122mg

FIBER: 11g

SUGAR: 4g

VITAMIN A: 8539IU

VITAMIN C: 15mg

CALCIUM: 299mg

IRON: 6mg

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