

Fall Seasonal Vegetable Pot Pie

(Makes 100 servings)

Enjoying food is a pleasure of life. It brings together friends and families as well as nourishes our bodies , opens our senses , gives us something to look forward to and molds us physically and mentally into the people we are. Preparing food does not need to be complicated. Think a fresh, crisp, juicy apple and how much pleasure that could bring or a simple roasted chicken that warms the soul. This pot pie recipe is simple, healthy, comforting, satisfies the mind and body and yes warms the soul.

[nutritional information](#)



2.5 cups olive oil
30 cups mushrooms, sliced
10 yellow onion, diced
10 tbsp garlic, minced
15 cups carrots, diced
30 cups russet potatoes, diced
20 cups celery stalks, diced
20 cups cauliflower florets
10 cups corn kernels
30 cups butternut squash, cubed
20 cups green beans, ½ cut
40 cups vegetable broth, lite salt
30 cups coconut milk
10 tbsp kosher salt
5 tsp pepper
10 tbsp chopped thyme
2.5 cup chopped flat leaf parsley

1. Preheat oven to 375 F°
2. To make the filling- in a large skillet saute the onions, garlic, mushrooms, celery with olive oil. Once onions are clear add carrots, potato, butternut squash, cauliflower, green beans and corn. Mix well. Add ½ of salt and pepper. Thyme and parsley. Cook for a few minutes to let flavors bind and remove from heat.
3. In a sauce pot add vegetable stock and coconut milk and bring to a boil. In a small bowl mix the cornstarch with 30 tablespoons water till smooth then whisk into the stock. Continue whisking as the sauce thickens. Once thickened enough to well coat a spoon add the tobacco, ½ of salt. Pull off heat. If the sauce is not thick enough add a little more corn

40 tbsp cornstarch
 5 tsp tabasco (optional)
 100 pieces of pie dough or puff
 pastry
 10 egg whisked with 10 tbsp water

starch. Keep in mind the potato will thicken the sauce later as well.

4. Line up pie tins. Equally portion the vegetable mixture in each pan ($\frac{3}{4}$ cup min) . If you wish to make these with chicken add 3 oz. diced chicken to each pan. Top with the sauce $\frac{2}{3}$ up the side of the tin. Top with the pastry and crimp the edges. Brush with egg mixture. Then place on a baking sheet. Bake for about 10 minutes if ingredients in the tin were room temp. Bake for about 14 minutes if the ingredients were cold.
5. Pastry should be golden brown.
6. Serve with a green salad on the side.

Need support to purchase some of the organic ingredients?

Conscious Kitchen will help connect you to our awesome local organic small farmer alliance who are growing incredible seasonal bounty. Below are some examples of crops they are growing.

Produce Item	Farm/Distributor	Contact
Green Beans	Narci Organic Farm	Yesenia Lopez
Butternut Squash	JSM Organics, Royal Oaks, CA	Javier Zamora
Carrots	JAS Family Farm, Hollister, CA	Tony Serrano
Cauliflower	Earl's Organics	Alec Tilly
Russet Potato	ALD & Y Organic Farm	Guillermo Lazaro
Onion	Queen of Vegetable Organics, Royal Oaks, CA	Yadira Mendiola