

Deep-dish Tuna Pot Pies

Makes 4 large, individual pot pies

2 packages, ready-made, refrigerated piecrust (4 crusts)
2 tablespoons butter
¼ cup flour
1 teaspoon kosher salt
½ teaspoon black pepper
1 teaspoon fresh or dried tarragon
½ teaspoon fresh or dried thyme
¼ teaspoon garlic powder
¼ cup milk, warmed
1- 14.5 ounce can of low-fat vegetable broth
1- 16 ounce package of your favorite blend of frozen vegetables
1 cup chopped onion
2 medium potatoes, cubed
2 cans Oregon Albacore tuna (do not drain)
½ cup cheddar cheese, shredded

Preheat oven to 400°F.

Remove pie crusts from their package and bring to room temperature before working with them. In a large skillet or saucepan over medium, melt butter. Stir in flour and whisk for 2 minutes. Add seasonings and blend. Add milk and broth, all at once and stir constantly until mixture becomes warm and thickens but does not boil. Add frozen vegetables, reduce heat to medium-low (simmer). In a microwave safe dish, cook potato cubes and onion. Add tuna, potatoes and onions to pot, stirring gently to blend. Simmer five more minutes then stir in cheese. Turn off heat and cover.

Using your cooking vessels as a template, cut 4 bottom crusts out of one circle of pie crust, cutting 2-inches larger than vessel. Repeat with two remaining crusts, but only allow 1-inch of salvage. Place crust in bottom of pans and smooth into place. Fill each with an equal amount of the contents of the skillet. Top with second crust. Crimp edges and cut steam vents. Bake in oven for 20 to 25 minutes or until golden brown. Cool slightly before serving.

Note: this recipe performs best when baked in small casseroles or large ramekins, of about 2 cups each.

(Courtesy of Laura Lange – Lebanon, OR)