

FIXATE RECIPES

SLOW COOKER CHICKEN POT PIE

Serves: 4 (approx. 1 ¼ cups each)

GF

Total Time: 8 hr. 20 min.

Prep Time: 15 min.

Cooking Time: 8 hr. 5 min.

| | | | |
|------------------|---|-----------------|---|
| 2 Tbsp. + 2 tsp. | ghee (organic grass-fed, if possible) | ½ tsp. | garlic powder |
| 1 cup / 160 g | chopped onion (approx. ¾ medium) | ¼ tsp. | ground sweet paprika |
| ½ cup / 65 g | chopped carrot (approx. 1 medium) | ¼ tsp. | sea salt (or Himalayan salt) |
| ½ cup / 50 g | chopped celery (approx. 1½ medium stalks) | ¼ tsp. | ground black pepper |
| ¼ cup / 35 g | gluten-free all-purpose flour | 1½ lbs. / 690 g | raw chicken breasts, boneless, skinless |
| 3 cups / 720 ml | low-sodium organic chicken broth | ½ cup / 65 g | frozen peas |
| 1 tsp. | dried sage | ½ cup / 70 g | frozen corn kernels |

1. Melt ghee in a large nonstick skillet over medium-high heat.
2. Add onion, carrot, and celery; cook, stirring occasionally, for 3 minutes, or until onion is translucent.
3. Add flour; cook, stirring frequently, for 2 minutes, or until flour is lightly toasted.
4. Add vegetable mixture to a 4-quart (4.7-L) slow cooker. Add broth, sage, garlic powder, paprika, salt, and pepper; stir to combine. Add chicken; cover. Cook on low for 6 to 8 hours, or until chicken is fall-apart tender.
5. Remove chicken from slow cooker; shred using two forks. Return chicken to slow cooker; add peas and corn. Cover; cook on low for 1 to 2 additional minutes, or until peas and corn are warmed through.

RECIPE NOTE:

If you're missing the pastry crust, try serving each portion with one of our **FIXATE Popovers** (see separate recipe for **FIXATE Popovers**). They're flaky and delicious and much easier to prepare than pastry dough!

Nutritional Information (per serving):

| | | | | | |
|----------------|------|----------------|--------|---------------|------|
| Calories: | 381 | Cholesterol: | 149 mg | Fiber: | 4 g |
| Total Fat: | 14 g | Sodium: | 303 mg | Total Sugars: | 4 g |
| Saturated Fat: | 7 g | Carbohydrates: | 19 g | Added Sugars: | 0 g |
| | | | | Protein: | 43 g |

PORTION FIX Container Equivalents (per serving)

(REG) ■ ½ ■ 1½ ■ ½ ■ 2

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.



FIXATE RECIPES

POPOVERS

Serves: 9 (1 each)

VG

Total Time: 45 min. + 10 min. preheating time

Prep Time: 4 min.

Cooking Time: 41 min.

| | | | |
|----------------|---------------------------------------|---------|--|
| 3 Tbsp. | avocado oil (or other neutral oil) | 2 | large eggs |
| 1 cup / 125 g | all-purpose flour | 1 Tbsp. | unsalted butter (organic grass-fed, if possible), melted |
| ½ tsp. | sea salt (or Himalayan salt) | | |
| 1 cup / 240 ml | low-fat (1%) milk | | |

SPECIAL EQUIPMENT: Muffin pan • Nonstick cooking spray

1. Preheat oven to 375° F (190 °C).
2. Lightly coat a muffin pan with spray. Add 1 tsp. oil in each of 9 cups in pan. Place pan on a large baking sheet; place in oven to preheat for 10 minutes.
3. Add flour and salt to a mixing bowl; stir to combine.
4. Add milk, eggs, and butter to a microwave-safe bowl; whisk to combine. Microwave for 1 minute, or until just at room temperature.
5. Add milk mixture to flour mixture; whisk until a smooth batter forms.
6. Add ¼ cup (55 g) batter to each prepared muffin cup.
7. Bake for 35 to 40 minutes, or until popovers are golden brown and have risen.

RECIPE NOTES:

- The popovers don't absorb all the oil called for. This is accounted for in the container count.
- This recipe is made intentionally as a holiday treat so please prepare it and eat it as such. Enjoy!

Nutritional Information (per serving):

| | | | | | |
|----------------|-----|----------------|--------|----------|-----|
| Calories: | 100 | Cholesterol: | 46 mg | Fiber: | 0 g |
| Total Fat: | 4 g | Sodium: | 122 mg | Sugars: | 1 g |
| Saturated Fat: | 2 g | Carbohydrates: | 12 g | Protein: | 4 g |

PORTION FIX Container Equivalents (per serving)

■ 1 — ½

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.