

## PLUS IT UP™ WITH



Save time without sacrificing taste with this family-friendly pot pie dinner. Mealtime is made simple when you Plus it Up!<sup>TM</sup> with Pillsbury<sup>TM</sup> and Progresso<sup>TM</sup>.

### Give family meal night a boost of nutrition.

The average American dines out 3 times a month and orders delivery 4.5 times a month. Build mealtime sanity (and cost savings) when you plus up a classic pot pie with a serving of veggies and lean protein.



Home-cooked, pot pie perfection with nutrient-dense veggies and lean protein can be achieved in just three easy steps.

- PLUS IT UP!™ Combine Progresso™ Light Chicken & Dumpling Soup, mixed vegetables and chicken in a saucepan and bring to a boil.
- PACKAGE IT UP. Pour hot mixture into baking dish.

  Top off your pot pie with Pillsbury™ Grands!™ Flaky

  Layers Original Biscuits.
- POP IT IN THE OVEN. Bake uncovered for a dish that's crispy outside, fluffy inside and oh so golden-brown good!



For more nutrition information and resources, visit bellinstitute.com

















# **CHICKEN POT PIE**

A plussed up, convenient meal the whole family will love.

PREPTIME: 10 Minutes

**COOK TIME:** 20 Minutes

**SERVINGS:** 8

#### **INGREDIENTS**

- 2 cans (18.5 oz each) Progresso™ Light Chicken & Dumpling Soup
- 1 bag (12 oz) frozen mixed vegetables (2 1/2 cups)
- 2 1/2 cups cubed cooked chicken
- 1 can (10.2 oz) refrigerated <u>Pillsbury™ Grands!™ Flaky Layers</u>
  <u>Original Biscuits</u> (5 Count)

#### **INSTRUCTIONS**

- 1. In 4-quart saucepan, mix soups, frozen vegetables and chicken. Heat to boiling; boil 3 to 6 minutes, stirring occasionally, until thickened. Spoon into ungreased 13x9-inch (3-quart) glass baking dish.
- 2. Meanwhile, pull each biscuit apart into 2 layers; cut each into 4 pieces. Place biscuit pieces over hot mixture.
- 3. Bake uncovered at 375°F 16 to 20 minutes or until biscuits are light golden brown.
- 4. Serve topped with fresh parsley or cracked pepper, if desired.

#### **NUTRITION INFORMATION**

#### Per serving:

Calories 260
(Calories from Fat 80)
Total Fat 8g
(Saturated Fat 2.5g, Trans Fat 0g)
Cholesterol 50mg
Sodium 790mg
Total Carbohydrate 27g
(Dietary Fiber 2g, Sugars 5g)
Protein 18g

#### % Daily Value:

Vitamin A 35% Vitamin C 0% Calcium 0% Iron 10%







