

Ultimate Chickpea Pot Pie

Prepare:

- 2 cups diced potatoes** (bite sized pieces)
- 1 cup of sliced carrots** (about 2 large carrots)
- 1 cup frozen peas**
- 1 16oz package of tofu cubed**
- 2 cups sliced mushrooms**
- 2 cups chopped onion**
- 2 cups chopped broccoli** (bite sized pieces)
- 2 cloves of garlic minced**
- 2 cups vegetable broth**
- 1 can of chickpeas** (rinsed and drained)

Other ingredients needed:

- Olive Oil**
- Tamari** (or regular soy sauce if gluten isn't an issue)
- Hoisin sauce**
- Vegan Worcestershire sauce** (or regular if you don't mind eating anchovies)
- Salt**
- Garlic Powder** (or granulated garlic)
- Cayenne**
- Sage** (ground or fresh)
- Rosemary** (dried or fresh)
- Flour** (gluten-free for those people)
- Red wine**
- Plain soymilk**
- Vegan shortening or margarine** (or butter or margarine if you're not vegan)

-Steam the potatoes and carrots together for only 4 minutes. (We don't want them too soft.) Set aside.

- Heat 1 Tablespoon olive oil in a large skillet or wide pot
- Add tofu and cook 5 minutes or until tofu begins to brown
- Stir in: 2 Tablespoons tamari
 - 1/4 teaspoon garlic powder
 - 1/8 teaspoon cayenne
- ...and cook until liquid has evaporated

- Heat 1 Tablespoon olive oil in a large skillet or wide pot
- Add mushrooms and cook 2 minutes
- Add: Onion
 - Broccoli
 - Garlic
 - Peas
 - Chickpeas

...saute a few minutes but don't let everything get soggy. (This will all still have to bake)

-Push veggies to the side of the pan and use the bottom of the pot to prepare a smooth roux.

-Add in:

1 Tablespoon olive oil

A splash of the broth

1/4 cup flour

... mix with a fork to form the smooth roux

-Push veggies into the roux and gently mix.

-Add in the rest of the ingredients and mix gently:

The rest of the broth

2 Tablespoons tamari

1 teaspoon hoisin sauce

½ teaspoon vegan Worcestershire sauce

3 Tablespoons red wine

1/2 cup plain soymilk

1 teaspoon ground sage (or one Tablespoon chopped fresh)

1 teaspoon garlic powder

1/8 teaspoons cayenne

½ teaspoon salt

Carrots and potatoes

Tofu

-Transfer contents to a large casserole dish and preheat oven to 375 degrees

Make the crust

-Combine with a fork until crumbly:

1 ¼ cups flour (heaping if it's gluten-free)

1/2 teaspoon salt

1/4 heaping teaspoon of dried rosemary (or 1 teaspoon chopped fresh)

1/4 teaspoon ground sage (or 1 teaspoon chopped fresh)

1/2 cup shortening

...add up to 4 Tablespoons cold water if needed in order to form a dough

-Place ball of dough between two pieces of wax paper (or something else) and roll out to the shape of your casserole dish. (You may need to piece it together if it's fall-apart.)

-Place crust on top of casserole and bake for 45 minutes or until the crust is golden brown. Let stand 10 minutes before serving.