

Tasty Chicken Bowls

Ingredients:

- 1 whole chicken
- 2 celery stalks, chopped
- 1 medium onion, chopped
- 1 tablespoon parsley
- 1 bay leaf
- 2 teaspoons salt
- 8 cups water
- 1 (10 oz) package frozen baby carrots, partially thawed
- 1 (10 oz) package frozen peas, partially thawed
- 1 (6 oz) can mushrooms, drained
- 1 cup light cream
- 1/4 teaspoon nutmeg
- 1/4 teaspoon celery salt
- 1/8 teaspoon pepper
- 1/2 cups all purpose flour
- 1 package (2 included) refrigerated pie crust
- 4 foil pans (5X1 in)

Preparation:

1. Place the water in a large pot over high heat.
2. Add the chicken, celery, onion, parsley, bay leaf and salt.
3. Bring to a rapid boil.
4. Reduce heat to low.
5. Cover the pot and simmer 2 hours.
6. Allow the chicken to cool in the broth.
7. Once chicken has cooled remove from the broth.
8. Cut the meat off the chicken bones.
9. Strain the broth and reserve 5 cups.
10. Place the chicken, carrots, peas and mushrooms together in a large mixing bowl.
11. Stir to combine.
12. Place 4 cups of reserved broth into a sauce pan.
13. Stir in the cream, nutmeg, celery salt and pepper and bring to a boil.
14. In another small mixing bowl combine the last cup of reserved broth and the flour.
15. Stir until smooth.
16. Pour into the boiling mixture.
17. Reduce heat to low and simmer 2 minutes.
18. Pour over the chicken mixture.
19. Allow to cool completely.
20. Flour a flat surface.
21. Roll out pie crust.
22. Divide each crust in to two parts.

23. Place 1/2 of the crust into the bottom a foil pan.
24. Fill with chicken mixture.
25. Cover with the remaining crust.
26. Pinch to seal all the way around.
27. Wrap in freezer paper.
28. Freeze for up to 3 months.
29. To bake preheat oven to 450 degrees.
30. Unwrap each bowl and place on a cookie sheet.
31. Cut a slit in the top of each to vent the steam.
32. Bake 40 minutes or until crust is golden brown.