



Makes 9 cups
Preparation Time: 45 minutes
Cook Time: 15 minutes

INGREDIENTS:

1.5-oz. pkg. poultry blend fresh herbs (sprigs of rosemary, thyme, sage)

1 bay leaf

3 cups sliced fresh cremini mushrooms

2 cups chopped onions

½ cup sliced celery

1 cup finely chopped red or yellow bell pepper

¾ cups low-sodium vegetable broth

2 cups ½-inch pieces peeled butternut squash

1 15-oz. can no-salt-added chickpeas, rinsed and drained

1 cup frozen corn

3 tablespoons all-purpose flour

1 cup frozen peas

Sea salt and freshly ground black pepper, to taste

1 recipe [Homemade Oil-Free Pizza Dough](#) or 1 lb. refrigerated whole wheat pizza dough

1 tablespoon unsweetened plant milk, such as almond, soy, cashew, or rice

Vegetable Pot Pie

This eye-popping vegetable pot pie makes a hearty addition to a holiday menu or an impressive entree any time of year. Note that this recipe calls for whole wheat pizza dough: Make some using [our 10-minute recipe](#) or look for oil-free options at the store (Trader Joe's makes a good one).

Editor's Note (July 2025): We've retested and updated this recipe to enhance its flavor based on reader feedback.

By Nancy Macklin, RDN

- 1 Preheat oven to 425°F. Use kitchen twine to tie together all the herbs in the poultry blend package and the bay leaf.
- 2 For filling, in a 4-qt. saucepan, cook mushrooms, onions, celery, and bell pepper over medium 3 to 4 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add the herb bundle, 3 cups of the broth, the squash, chickpeas, and corn. Bring to boiling; reduce heat. Cover and simmer 5 minutes or until vegetables are nearly tender.
- 3 Whisk together flour and the remaining ¼ cup broth; stir into vegetables. Cook until thick and bubbly, stirring occasionally. Stir in peas. Remove pan from heat. Remove and discard the herb bundle. Season filling with salt and pepper. Spread into a 2½- to 3-qt. round or oval baking dish.
- 4 On a lightly floured surface, roll Homemade Oil-Free Pizza Dough into a circle or oval slightly larger than the dish. Cut several slits in dough; place on filling and seal. Brush with milk. Bake 15 minutes or until crust is browned and filling is bubbly.