



CLASSIC TUNA POT PIE

- 2 12 ounce cans **Crown Prince Natural Albacore Tuna**, drained and flaked
- 1 tablespoon unsalted butter or canola oil
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 2 stalks celery, chopped
- 2 carrots, thinly sliced
- 8 ounces mushrooms, sliced
- 1 1/2 teaspoons dried Italian seasoning
- 5 tablespoons unbleached flour
- 1 12 ounce can evaporated skim milk
- 2 1/2 cups chicken or vegetable broth
- 1 cup frozen peas
- salt and black pepper to taste
- 4 frozen pie crusts, thawed
- 2 17.3 ounce boxes frozen puff pastry dough, thawed
- 1 egg



Preheat oven to 400°F. Warm the butter or oil in a large saucepan over medium heat. Add the onion, bell pepper, garlic, celery, carrots and mushrooms. Cook for 5 minutes then add the tuna, Italian seasoning and flour. Stir until well combined. Gradually stir in the milk and broth. Simmer for about 5-10 minutes, stirring continuously until mixture has thickened. Add the peas, salt and pepper. Mix well and set aside.

Coat jumbo muffin tins with nonstick cooking spray. Roll out pie crust and cut to fit completely into tins. When all muffin cups have been lined with the crust, spoon the filling into the cups. Roll out puff pastry dough and cut out dough to cover the pot pie. In a small bowl, beat the egg. Brush one side of puff pastry dough with egg and place on top of pot pie. Once all the tops have been placed, brush the tops with remaining egg. Place in oven and bake for 30 minutes or until golden brown. *Serves 6.*

Per Serving: 1634 Calories (882 Calories from Fat), 98g Fat, 53g Protein, 138g Carbohydrate, 100mg Cholesterol, 1451mg Sodium