



# Buffalo Pot Pie



If you miss the unique flavor of chicken wings, you will love this pot pie. It starts with sautéed veggies combined with soy curls and a creamy Buffalo style sauce topped with a slightly sweet cornbread top and baked to bubbly perfection. The flavors, colors, and textures make this dish comfort food for sure!

## INGREDIENTS

- ½ Bag (4 oz) Butler Soy Curls
- 1 onion, diced
- 2 cups carrots, shredded  
*(about 4 medium sized carrots)*
- 3 celery stalks, diced
- 4 garlic cloves, chopped

## SAUCE:

- 2 cups plant-based milk
- ¼ cup raw cashews
- 1 teaspoon lemon juice
- 2 tablespoons tahini
- 2 tablespoons apple cider vinegar
- 2 tablespoons nutritional yeast flakes
- 2 tablespoons cornstarch
- ¼ cup Frank's Red Hot Sauce
- Salt to taste

## CORNBREAD:

- 1 cup finely ground cornmeal
- ½ cup whole wheat flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ⅛ teaspoon sea salt
- ¾ cup plant-based milk
- ½ tablespoon apple cider vinegar
- ¼ cup unsweetened applesauce
- 1 tablespoon maple syrup

*continued...*

ENTREES



PREP



COOK



SERVES

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# Buffalo Pot Pie *continued...*

## DIRECTIONS

1. Preheat oven to 350° F.
2. Place 4 ounces of soy curls (half a bag) in a bowl of water, making sure to cover them completely. Allow to hydrate for at least 10-12 minutes. Drain and set aside.
3. In a large fry pan, dry sauté the onion adding small amounts of water as needed to prevent the onion from sticking. Cook until tender. Add the carrots, celery, and garlic continuing to cook for 3-5 minutes. Add the hydrated soy curls to the vegetables.
4. Place the sauce ingredients into a high powered blender and blend until smooth and creamy. Add this creamy mixture to the vegetables and soy curls.
5. In a 9 x 11 inch casserole pan, evenly spread the vegetable and soy curl mixture.
6. In a mixing bowl, whisk together the cornmeal, flour, baking powder, baking soda, and sea salt. Add the milk, vinegar, applesauce, and maple syrup. Only mix until the flour is moistened.
7. Drop the cornbread batter by the spoonfuls onto the top of the casserole covering it completely. Bake for 20 minutes or until the cornbread is baked through and the top begins to brown.



### KIM'S HINTS:

I always love to throw greens into many of my recipes and this one works well with peas or spinach.

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