

Hearty Vegan Chicken Pot Pie Casserole (Dairy-Free & Delicious)

Vegan Chicken Pot Pie Casserole



OVEN
400°F

TIME
10 min

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INGREDIENTS

3 cups soy curls (rehydrated) or Quorn Meatless Chiqin Pieces: These provide the essential protein texture.

2 tablespoons olive oil: For sautéing our aromatic base.

Vegetable Medley: $\frac{3}{4}$ cup onion (diced), 1 cup carrots (sliced), $\frac{1}{2}$ cup celery (diced), and 1 cup red potatoes (cubed).

5 tablespoons all-purpose flour: To create our thick, creamy roux.

Seasonings: 1 tsp salt, $\frac{1}{2}$ tsp black pepper, $\frac{3}{4}$ tsp dried thyme, and 2 cloves of minced garlic.

Liquids: 1 cup vegetable broth and 1 cup non-dairy milk (ensure it is unsweetened and plain, like soy or cashew).

1 cup frozen green peas: These add a pop of sweetness and color.

1 piece vegan puff pastry: The golden, flaky crowning glory of the dish.

DIRECTIONS

- 1. Prep the Base:** In a large oven-safe skillet or Dutch oven, heat the olive oil over medium heat. Add the onion, carrots, celery, and potatoes. Sauté for about 8-10 minutes until the onions are translucent and the potatoes begin to soften.
- 2. Add Protein and Aromatics:** Stir in your soy curls (or meatless pieces) and minced garlic. Cook for another 2 minutes until the garlic is fragrant.
- 3. Make the Gravy:** Sprinkle the flour, salt, pepper, and thyme over the vegetable mixture. Stir well to coat everything in flour. Slowly pour in the vegetable broth and non-dairy milk while stirring constantly.
- 4. Simmer:** Allow the mixture to come to a gentle simmer. It will thicken into a beautiful, creamy gravy. Stir in the frozen peas last to keep them bright green.
- 5. Assemble:** If your skillet isn't oven-safe, transfer the filling to a 9x13 baking dish. Drape the vegan puff pastry over the top, tucking in the edges. Cut a few small slits in the top to allow steam to escape.
- 6. Bake:** Place in a preheated oven at 400°F (200°C) for 20-25 minutes, or until the puff pastry is deep golden brown and the filling is bubbling up around the edges.

SWAPS & NOTES

Gluten-Free: You can easily make this gluten-free by using a 1-to-1 gluten-free flour blend for the roux and a gluten-free puff pastry or mashed potato topping.

The "Chicken": If you don't have soy curls, chickpeas or extra-firm cubed tofu work beautifully as well.

The Crust: If you can't find puff pastry, canned vegan biscuits can be placed on top for a "cobbler" style finish.

Step-by-Step Instructions Prep the Base: In a large oven-safe skillet or Dutch oven, heat the olive oil over medium heat.

TIPS FOR SUCCESS

Don't Overcook the Potatoes: Cut your red potatoes into small, uniform $\frac{1}{2}$ -inch cubes.

If they are too large, they might remain hard while the rest of the filling is done.

Puff Pastry Temperature: Keep your puff pastry in the fridge until the very moment you are ready to put it on the casserole.

Check the Milk: Always double-check that your non-dairy milk is unsweetened .

More recipes: [ChefManiac.com](https://chefmaniac.com)

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