

Cheddar Bay Biscuit Chicken Pot Pie Casserole

Recipe makes 6 meals

Ingredients

- **1.5 lbs Boneless Skinless Chicken Breast, chopped**
- **12 oz bag Peas & Carrots, thawed**
- **11.36 oz box Red Lobster Cheddar Bay Biscuit Mix**
- **2 packs (0.87 oz each) Chicken Gravy Mix**
- **3 cups Water, divided**
- **1 cup Extra Sharp Cheddar Cheese, shredded**
- **1 Tbsp Garlic Powder, divided**
- **1/2 Tbsp Olive Oil**
- **2 tsp Onion Powder, divided**
- **1 tsp Paprika**
- **1 tsp Parsley Flakes**
- **Salt and Pepper to taste**



Nutrition Profile

- per meal -

Calories - 485
Fat - 19g
Carbohydrates - 43g
Protein - 34g
***Fiber - 3g**

**Estimated Cost
Per Meal**

\$1.98

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Instructions

- 1. Start by preheating your oven to 425°F. While your oven is preheating, in a large mixing bowl add your chopped chicken, 1/2 Tbsp garlic powder, 1 tsp onion powder, 1 tsp paprika and a little salt and pepper. Mix to coat.**
- 2. Heat a large skillet over medium-high heat and add in 1/2 Tbsp olive oil. Once your oil is hot add in your seasoned chicken, and flash sear for about 60 seconds on each side. Don't worry if the chicken is not cooked through. It will finish cooking in the oven. When your chicken is done, remove it from the skillet and set aside.**
- 3. Return that same skillet back to the stove, over medium-high heat, and add in your two packs of chicken gravy mix and two cups of cold water. Bring to a boil, stirring constantly. Once it starts to boil, add in 1/2 Tbsp garlic powder and 1 tsp onion powder. Give it a mix, reduce the heat, and let simmer for one minute, then remove from heat and set aside.**
- 4. Grab a 9x13 casserole dish and add in your cooked chicken, thawed peas & carrots, and your gravy. Mix everything together and set aside.**
- 5. For your biscuit topping, in a mixing bowl add in your Cheddar Bay Biscuit Mix, 1 cup of water, 1 cup of shredded cheese, 1 tsp parsley flakes, and the packet of seasoning from the Cheddar Bay Biscuit box. Mix well and pour on top of your chicken and gravy mixture. Spread evenly.**
- 6. Place your casserole dish in the oven on 425°F and bake for 15-20 minutes or until golden brown on top.**
- 7. Once you're happy with the cook on your casserole, remove it from the oven, cut into 6 servings, portion out into your meal containers, and enjoy!**



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Notes

- **Be sure not to overcook your chicken in the skillet. Since it will cook for another 15-20 minutes in the oven, overcooking in the skillet may result in overcooked chicken.**
- **If you do not have access to this particular biscuit mix, any brand should work. You can also Google homemade Cheddar Bay Biscuits and there are some recipes online for them.**
- **If you do not have powdered gravy mix, any gravy in a jar or can will work as well.**
- **Pretty much any veggie will be great in this dish. Feel free to add any mix of broccoli, green beans, mushrooms, etc.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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