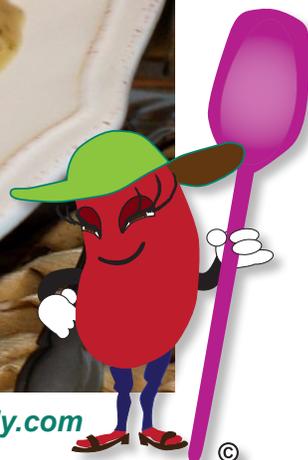


Beans, Rice And Everything Nice

Chickpea Pot Pie



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 4 large servings

- 1 recipe [Gluten-Free Baking Powder Biscuits](#)
- 1/2 small yellow onion, diced
- 1 stalk celery, diced
- 1 carrot, diced
- 1 small turnip, diced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly cracked black pepper
- 1/2 teaspoon dried, crumbled sage
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/3 cup red lentils, sorted and washed
- 1-1/2 cups vegetable stock
- 1-398 ml (14 ounce) can chickpeas
- 1/2 red bell pepper, diced
- 1/2 cup green beans cut into 2 cm (about 1 inch) pieces
- 8 mushrooms, sliced
- 1/4 cup parsley leaves and tender stems, minced
- 2 Tablespoons gluten-free flour (not starch)
- 1/2 cup unsweetened non-dairy milk

1. Prepare the baking powder biscuit recipe up to step 2. Set aside to rest while you prepare the filling, about 30 minutes. Preheat the oven to 205C (400F). Set out your casserole dish.
2. Dry saute the onion in a large saucepan over medium heat until translucent, add a splash of water if needed to prevent sticking. Add the celery, carrots, turnip, salt (if using), cracked black pepper, sage, thyme, and oregano. Stir to combine. Add the cleaned lentils and 1-1/2 cups water or stock. Bring to a boil over medium-high heat, cover with a lid, reduce the heat to medium-low, and simmer for 5 minutes.
3. Add the chickpeas, red pepper, green beans, and mushrooms. Stir in the parsley, and let simmer a minute or two while you whisk the non-dairy milk with the flour until smooth. Pour the slurry into pot and stir. Cook until the mixture thickens, about 2 minutes.
4. Pour the vegetable stew evenly into the casserole dish. Drop 1/4 cup of biscuit dough at a time across the top to form a topping of 8-9 biscuits. Bake in the preheated oven for 20-25 minutes. The dish is ready when the stew is bubbly and the biscuits are firm and lightly browned.