

# Summer Sausage pot pie



## Ingredients:

- 12 oz Old Wisconsin Premium Summer Sausage - diced
- 1/2 cup carrot - halved and sliced
- 1/2 cup celery - halved and sliced
- 1 cup onion - diced
- 1/2 cup peas - frozen
- 1-1/2 cup chicken stock
- 1/2 cup milk
- 1 tsp rosemary - fresh
- 1 tsp thyme - fresh
- 2 tsp butter
- 2 tsp flour
- 1 sheet puff pastry
- 1 egg
- 1 tbl parmesan cheese - grated
- 1 tbl parsley - chopped

## Directions:

- Preheat oven to 400 deg F.
- In a small mixing bowl, beat egg and 1 tablespoon of water for egg wash.
- Cut puff pastry sheet into four 3" rounds (or the size of your bowls), brush with egg wash and top with a sprinkle of parmesan cheese and chopped parsley.
- Add summer sausage to a heated stock pot and saute until fat has rendered out.
- Remove cooked sausage to a paper towel lined plate to drain. Discard all but two tablespoons of rendered fat from stock pot and return to heat.
- Add rosemary and thyme to stock pot, cook for thirty seconds.
- Add carrot, celery, onion and peas to stock pot and cook until celery and onion are translucent and peas are thawed.

- Add chicken stock to stock pot and bring to a simmer.
- Melt butter in a small pan and add flour. Mix until the flour butter mixture is smooth and has begun to turn light beige in color.
- While stirring, slowly add butter and flour mixture to simmering stock and vegetables. Be sure there are no lumps. Add milk to mixture and bring to simmer until thickened.
- Add 1/4 of summer sausage to four 3" ramekins and ladle in hot vegetable mixture.
- Top each ramekin with puff pastry round and place on a cookie sheet.
- Place ramekins in oven and bake until pastry is golden brown (approx 30 minutes).
- Let cool for 5 - 10 minutes before serving.

**Prep Time:** 30 minutes

**Total Time:** 60 minutes

**Makes:** 4 servings of 8 oz

**Cost:** \$1.69/per serving

**Nutritional Facts** per serving (daily value): Calories 577kcal; Protein 22g (44%); Total Fat 35g (55%)(Sat. 7g (43%), Mono. 15g, Poly. 3.5g); Chol. 65mg (22%); Carb. 41g (14%); Fiber 3g (14%); Sugars 7g; Calcium 112mg (11%); Iron 3mg (16%); Magnesium 34mg (8%); Phosphorus 168mg (17%); Potassium 387mg (11%); Sodium 1025mg (43%); Zinc 1mg (8%); Copper 0.2mg (10%); Manganese 0.5mg; Selenium 23µg; Vit. C 13mg (22%); Vit. B1 0.4mg (26%); Vit. B2 0.4mg (25%); Vit. B3 5mg (23%); Vit. B5 0.5mg (5%); Vit. B6 0.2mg (11%); Folate 91µg; Fol. acid 40µg; Food fol. 51µg; Diet. fol. eq. 120µg (30%); Vit. B12 0.3µg (6%); Vit. A 2792IU (56%); Vit. A (RAE) 183µg; Vit. A1 53µg; Vit. E 0.8mg (4%); Vit. K 41µg; Alpha-carotene 482µg; Beta-carotene 1323µg; Beta-cryptoxanthin 1µg; Lycopene 0.1µg; Lutein+Zeaxanthin 654µg; Alcohol 0g; Caff. 0mg; Vit. D (IU) 24IU (6%); Starch 0.2g; Theobromine 0mg; Phytosterols 7.5mg; Sugar alcohol 0g; Trans fat 0g; Glutamic acid 2.5g; Choline 59mg; Vit. D 0.6µg