



## Very Cozy Veggie Mug Pot Pie

By Erin Fletter

**Prep Time** 15 / **Cook Time** 4 / **Serves** 1 - 2

### Fun-Da-Mentals Kitchen Skills

**cut in:** to mix a cold, solid fat, like butter or shortening, into a dry ingredient, like flour, until there are particles of fat covered with the dry ingredient. The recipe might call for "pea size" particles or a mixture that looks like "coarse meal." You can use a pastry blender, two knives, or your fingers to cut in the fat.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**snip:** to use scissors to cut something with quick, sharp strokes.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Microwave
- Microwave-safe mug
- Potheader
- Small mixing bowl
- Measuring spoons

- Whisk
- Spoon for mixing
- Paper towel or dish towel
- Clean kid-friendly scissors
- Cutting board
- Kid-safe knife (butter knife works great)
- Dry measuring cups
- Soap for cleaning hands

## Ingredients

### Very Cozy Veggie Mug Pot Pie

- Crust:
  - 2 T all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
  - 1/8 tsp baking powder
  - 1 pinch salt
  - 1/2 T cold unsalted butter **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
  - 1 T heavy whipping cream **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free whipping cream OR coconut cream)\*\***
- Filling:
  - 1 green onion
  - 1/2 C frozen peas or other veggies (mixed peas and carrots are great!)
  - 1/4 tsp garlic powder
  - 1 pinch poultry seasoning or dried thyme
  - 1 T cold unsalted butter **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)\*\***
  - 1 tsp all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
  - 1/4 C heavy whipping cream **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free whipping cream OR coconut cream)\*\***

## Food Allergen Substitutions

## Very Cozy Veggie Mug Pot Pie

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Dairy:** Substitute cold dairy-free/nut-free butter, like Earth Balance. Substitute dairy-free/nut-free whipping cream OR coconut cream (will not whip the same as heavy whipping cream).

### Instructions

#### Very Cozy Veggie Mug Pot Pie

##### measure + whisk

We'll start with the crust! In a small mixing bowl, whisk together **2 tablespoons flour**, **1/8 teaspoon baking powder**, and **1 pinch of salt**.

##### chop + cut in + mix

Chop **1/2 tablespoon** of cold butter into small pieces. Use your clean hands to pinch the butter pieces into the flour mixture. You'll have tiny bits of butter mixed throughout the flour. Then add **1 tablespoon of heavy whipping cream** and mix with your hands!

##### shape + wash

Shape the dough into a ball and flatten it between the palms of your hands. Tuck the flattened dough into a microwavable mug so that it lays at the bottom. Now, wash your hands again!

##### cover + microwave

Cover the mug with a damp paper towel and microwave for 1 minute. Remove the paper towel and microwave for an additional minute. Carefully remove the mug with a potholder and let it cool slightly. Upend the mug to release the dough, which should have hardened slightly into a biscuit! Set the biscuit aside. If it breaks into pieces, that's okay!

##### snip + add + stir

Next, we'll make the filling! Snip, slice, or tear **1 green onion** into tiny bits and add it to your mug. Next, add **1/2 cup frozen veggies**, **1/4 teaspoon garlic powder**, **1 pinch of poultry seasoning**, and **1 tablespoon butter** to your mug. Microwave for 1 minute, then stir to melt the butter. Add **1 teaspoon flour** and stir to make a paste. Stir in **1/4 cup heavy whipping cream**.

##### top + microwave

Top the filling with the biscuit crust you made earlier. Cover the mug with a damp paper towel and microwave for 1 minute. Let cool slightly before digging in!

### Featured Ingredient: Peas!

Hi! I'm Peas!

"Hi, there! Let's see if you can guess what we are. We grow in shells; you might see us frozen in winter, fresh in spring, and canned all year round; and sometimes we're "split" and cooked in soup! You guessed it! We're Peas! We're good in salads, soups, casseroles, mixed with corn and other vegetables, and all by ourselves! We can be tricky to eat, but if we slide off your fork, you can spear us or use your knife to push us back on. Or, you might even try eating us with chopsticks!"

## History

Peas in the wild are found in the Mediterranean Basin, the Middle East, and Central Asia. Archaeological evidence dates peas in Iraq and Turkey to 7,500 BCE. Domesticated peas were developed from wild peas starting in the late Neolithic Era (around 5,000 BCE). Peas are one of the oldest crops to be cultivated. The oldest pea ever found was 3,000 years old and was discovered on the border of Burma and Thailand. During the Middle Ages, peas were a large part of people's diets in the Middle East, North Africa, and Europe.

In the 17th and 18th centuries, peas started being picked when they were green and immature. In England, new cultivars or varieties of peas were developed that they called "garden" or "English" peas. Thomas Jefferson grew more than 30 pea cultivars at his Monticello estate in Virginia.

Clarence Birdseye, known by many as the founder of the modern frozen food industry, was the first individual to freeze peas.

The world record for the most peas eaten in an hour is 7,175 peas, held by Janet Harris of Sussex, England, in 1984. She ate one pea at a time with chopsticks!!

## Anatomy & Etymology

Peas are members of the Fabaceae or Leguminosae family, commonly known as legumes, including peanuts, chickpeas, licorice, alfalfa, beans, carob, and soybeans.

Peas are edible, usually green, round seeds that grow in a pod. The pea pods are technically a fruit because they have seeds and grow from a flower, but peas are eaten as a vegetable.

Pea plants are annual plants, living for about one year. At the end of their life cycle, they can be cut back to the root, which decomposes, releasing nitrogen into the soil for the next crop of plants.

The singular term "pea" was back-formed in the mid 17th century by removing the "se" from the word "pease," which was mistakenly construed as a plural form. "Pease" came from the Old English "pise," from the Latin "pisum," from the Greek "pison."

## How to Pick, Buy, & Eat

You can pick garden peas about three weeks after flowering. The pods of shelling peas or garden peas are inedible and will swell with the growth of the peas, becoming cylindrical before harvesting.

Snow peas and sugar snap peas are edible pods ready to harvest about a week after flowering. The pods can be picked when they're about two to three inches long before they begin to swell and just as the seeds or peas begin to develop.

For the best taste, you'll want to eat the peas as soon after harvesting as possible. Fresh peas will last in your refrigerator for up to one week. The more peas you pick, the more the plant will produce.

Frozen peas are almost as tasty as fresh ones because the growers freeze them within two and a half hours of being picked. Plus, they quickly thaw when added to hot foods.

You can cook and serve peas alone as a vegetable, with added butter and salt. You can also add them to various dishes, such as salads, soups, casseroles, and savory pies. Snow peas and snap peas are often used in stir-fries and Chinese cuisine. Peas can even be mashed and made into a sauce, a spread, or guacamole!

## Nutrition

Peas are loaded with nutrients, including fiber, protein, vitamin C, thiamine, vitamin K, niacin, folate, potassium, and beta carotene. These nutrients improve the body's digestive and immune systems, convert the carbohydrates we eat into energy, metabolize fats and protein, protect skin and eyes, and help prevent bleeding.