

# CHICKEN VOL-AU-VENT

## INGREDIENTS

1/4 cup + 2 tablespoons butter  
1 chopped onion  
1 cup diced carrots  
1/4 cup + 2 tablespoon all-purpose flour  
2 ¼ cup chicken broth  
2 ¼ cup milk (2%MF)  
Salt and pepper to taste → *Do not use pepper if you have ulcer or pain*  
2 cups cooked and cubed chicken breasts\*  
3/4 cup green peas  
1/2 tablespoon dried parsley  
1/2 tsp teaspoon dried thyme

*\*\* to save time, buy frozen cooked chicken strips*

## PREPARATION

1. In a large saucepan, heat the butter over low-medium heat. Cook the onion and carrots for 2 to 3 minutes.
2. Sprinkle with flour and continue cooking for 1 minute, stirring constantly.
3. Gradually pour in broth and milk, whisking constantly. Bring to a boil, then cook for 3 to 4 minutes, until the sauce thickens. Salt and pepper, *if tolerated*.
4. Add chicken, green peas, parsley, and thyme. Continue cooking for 3 to 5 minutes, stirring constantly.
5. Serve with potatoes or barley.

Inspired by: [www.lesrecettesdecaty.com](http://www.lesrecettesdecaty.com)

[apainintheback.org](http://apainintheback.org)

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