

PREVIEW_ Keto chicken pot pie

Kristie Sullivan: We are going to make a low-carb chicken pot pie. It's a really kind of a creamy chicken stew topped with a biscuit topping. They won't believe this is part of your diet food. And yes, I said low-carb biscuit.

Jill Wallentin: Is it like scones?

Kristie Sullivan: Uh, no.

Jill Wallentin: Okay, no.