

# T. Rex & the Rabbit Foods

## Meal Prep Menu

### ∞ Beef ∞

#### **Beef Lasagna *Gluten-free Option / Halal Option***

*Homemade meat sauce and cottage and parmesan cheeses layered between lasagna noodles. Topped with provolone and baked until golden brown.*

*Can also be made with pork sausage (hot or sweet), ground turkey, or ground chicken.*

#### **Beef Wellington**

*Beef tenderloin sliced into thick pieces, quickly seared, topped with mushroom pâté, wrapped in puff pastry, and baked until golden brown. Served with beef gravy.*

#### **Deconstructed Stuffed Cabbage Casserole**

*Ground beef, ground pork, and rice cooked in a light tomato sauce and layered with golden brown cabbage and onions, topped with Cheddar cheese and then baked. Served with mashed potatoes and tomato gravy.*

#### **Fajitas with Black Bean and Corn Salad *Gluten-free Option***

*Strips of steak, red and green bell peppers, and onions marinated in garlic, olive oil, and cumin, and then grilled. Served in flour tortillas with cheese and sour cream. Accompanied by black bean and corn salad with chili-lime vinaigrette.*

*Can also be made with chicken or pork.*

#### **Guinness Beef Stew with Sweet Potato Purée**

*Beef, potatoes, and peas cooked in Guinness-infused gravy and topped with sweet potato purée.*

#### **Gyros**

*Ground beef (and lamb if available), onions, and herbs blended together into a savory meatloaf, baked, and then sliced. The slices are quickly seared and then served in fluffy pita and topped with fresh tomatoes, thinly sliced onions, and tzatziki (cucumber, dill, garlic, and yogurt dressing).*

### **Meatballs & Gravy *Gluten-free Option / Halal Option***

*Ground beef mixed with Italian herbs and parmesan cheese, rolled into meatballs, and quickly seared. They finish cooking in a mushroom, Marsala wine, and cream gravy. Served with mashed potatoes.*

### **Pastitsio *Gluten-free Option / Halal Option***

*The origin of lasagna, this Greek pasta uses long ziti noodles instead of lasagna sheets. The noodles are covered in Parmesan cheese sauce, topped with a ragout of ground beef (and lamb if available), tomatoes, oregano, cloves, and cinnamon, and then baked until golden brown.*

*If long ziti noodles are unavailable, bucatini or penne will be substituted instead.*

### **Reuben Casserole *Gluten-free Option***

*The sandwich in casserole form! Toasted rye and/or pumpernickel bread layered with corned beef, sauerkraut, and kosher dill pickles in a Thousand Island sauce, topped with Swiss cheese and baked until golden brown.*

*Can also be made with pastrami (turkey or beef).*

### **Ropa Vieja *Gluten-free***

*Meaning “old clothes” in Spanish, ropa vieja is made with cooked and shredded beef mixed with red and yellow bell peppers, onions, garlic, and spices. Served with your choice of baked polenta topped with cheddar cheese or rice and peas cooked with saffron.*

### **St. Patty’s Shepherd’s Pie**

*A mixture of ground beef (and lamb if available), vegetables, and Worcestershire sauce-infused gravy is topped with mashed potatoes mixed with leeks and spinach. A light sprinkling of smoked cheese melts on the top as the pie bakes.*

## **Chicken & Turkey**

### **Amish Chicken & Rice Bake *Gluten-free***

*Chicken and button mushrooms lightly sautéed in butter, seasoned, topped with white rice, and then baked until creamy. Served with green beans and toasted almonds.*

## **Butter Chicken**

*Chicken marinated in yogurt and Indian spices and then cooked in a slightly sweet curry sauce. Served with naan or basmati rice.*

## **Chicken Cacciatore with Pecorino Smashed Yellow Potatoes *Gluten-free***

*“Hunter’s style” chicken. Chicken legs and thighs cooked on the bone in a red pepper and onion sauce and served with yellow skin-on potatoes cooked with garlic, butter, olive oil, and lots of pecorino (sheep’s milk) cheese.*

## **Chicken (or Turkey) Chili and Cornbread**

*Made without tomatoes, this “white” chili has ground chicken or turkey, spices, and pinto beans. Served with homemade cornbread muffins, sour cream, and cheddar cheese.*

## **Chicken Paprikash with Buttered Noodles *Gluten-free Option***

*Slices of dark and white meat chicken cooked with onions in a sweet paprika and sour cream gravy served with buttered egg noodles.*

## **Chicken Pot Pie Topped with Cheddar Chive Buttermilk Biscuits**

*Bite-sized pieces of chicken thighs, carrots, potatoes, and green peas cooked together in light chicken gravy. Topped with homemade cheddar cheese and chive biscuits and baked.*

## **Chicken Tortilla Casserole *Gluten-free***

*Lightly browned corn tortillas layered with shredded poached chicken, corn sautéed with Cubanelle (not spicy) peppers and onions, homemade salsa verde, and cheese. Served with sour cream.*

***If fresh tomatillos are not available, store-bought salsa verde will be substituted instead.***

## **Deluxe Baked Beans with Smoked Turkey**

*Great Northern beans mixed with onions, turkey bacon, and molasses and cooked with chunks of smoked turkey leg (if available) or smoked turkey sausage.*

## **Roasted Chicken Pasties with Roasted Garlic Cream Sauce**

*Roasted chicken, carrots, potatoes, and onions layered in puff pastry packets with roasted garlic cream sauce and baked until golden brown. Served with more of the garlic sauce on the side.*

### **Sweet & Sour Chicken with Vegetable Fried Rice**

*Chicken breasts sliced and cooked in a bell pepper and pineapple sweet-and-sour sauce. Served with vegetable fried rice that includes onions, garlic, carrots, green peas, and egg.*

### **Turkey Meatballs *Gluten-free Option***

*Turkey and sage meatballs mixed with roasted broccoli and sweet potatoes in turkey gravy and served over rice and caramelized shallots.*

### **Turkey Stuffed Red Bell Peppers**

*Red bell peppers stuffed with homemade croutons, mushrooms, ground turkey, herbs, and spices. Baked and served with a light vegetable or turkey gravy.*

### **Turkey Tetrazzini**

*Turkey breast medallions sautéed with mushrooms in a white wine cream sauce and served over buttered egg noodles. Served with broccoli sautéed in garlic and lemon.*

## Fish

### **Grilled Salmon and Lentils**

*Lentils cooked with sautéed cremini mushrooms and lots of garlic until creamy and topped with chunks of grilled salmon. Served with a mixed greens salad with red wine vinaigrette.*

### **Italian Bean Salad Topped with Tuna**

*Slices of yellowfin tuna layered on top of a salad of mixed greens, carrots, corn, and beans (cannellini, red, or pinto) and drizzled with balsamic vinaigrette.*

### **Salmon Cakes and Vegetable Fried Rice *Gluten-free Option***

*Salmon cakes filled with carrots, water chestnuts, garlic, ginger, and sesame seeds and served with a dipping sauce of Dijon mustard, soy sauce, and honey. Accompanied by brown or white rice stir-fried with onions, carrots, garlic, egg, and green peas.*

## **Salmon en Croute**

*Wild Alaskan salmon spread with herb butter, wrapped in puff pastry, and baked until golden brown. Served with creamy lemon-dill sauce and honey-cumin carrots.*

## **∞ Pork ∞**

### **Barbequed Spare Ribs with Roasted Potato Salad with Mustard-Malt Vinaigrette**

*Slow-roasted spare ribs. Served with a salad of roasted potatoes and onions, fresh herbs, and mustard-malt vinaigrette.*

### **Boneless Pork Chops and Caramelized Onions with Pepin Potatoes**

*Boneless pork chops topped with caramelized onions and baked until juicy. Served with Pepin potatoes cooked in vegetable stock and chive butter until crispy on the outside and soft in the center.*

### **Green Curry Pork *Spicy***

*Pork, eggplant, and onions cooked with green curry paste, basil, and coconut milk. Served over white rice.*

### **Pan-fried Pork Medallions with Sweet Braised Purple Cabbage**

*Pork tenderloin quickly seared and cooked in mushroom gravy. Served with purple cabbage braised with onions, apples, red wine, and dried cranberries.*

### **Roasted Pork Tenderloin with Spaetzle**

*Pork tenderloin roasted and then sliced into Marsala gravy and served over spaetzle (tiny German dumplings) that are browned in butter.*

## **∞ Vegetarian & Vegan ∞**

### **Cauliflower, Carrots, Coconut & Coriander with Coconut Basmati Rice *Vegan***

*Cauliflower and carrots stewed with Indian spices and fresh cilantro and served over basmati rice cooked in coconut milk.*

**Grilled Eggplant Parmesan Stacks** *Gluten-free Option / Halal Option / Vegan Option*

*Thinly sliced grilled eggplant layered with a sprinkling of parmesan cheese and toasted bread crumbs. Marinara sauce and provolone lightly cover the eggplant before it is baked. Served with spaghetti and Marinara sauce.*

**Guinness Mushroom Stew with Sweet Potato Purée** *Vegan Option*

*Cremini mushrooms, potatoes, and peas cooked in Guinness-infused gravy and topped with sweet potato purée.*

**Mafe (Ma-fay) with Brown Rice** *Gluten-free / Peanuts / Spicy / Vegan*

*West African chickpea and root vegetable stew thickened with peanut butter and served with brown rice cooked with garlic. Garnished with lime juice and toasted sesame seeds.*

**Mushroom Pastitsio** *Gluten-free Option / Halal Option*

*The origin of lasagna, this Greek pasta uses long ziti noodles instead of lasagna sheets. The noodles are covered in Parmesan cheese sauce, topped with a ragout of sautéed wild mushrooms, tomatoes, oregano, cloves, and cinnamon, and then baked until golden brown.*

*If long ziti noodles are unavailable, bucatini or penne will be substituted instead.*

**Palak Paneer** *Gluten-free Option / Vegan Option*

*Paneer cheese sautéed until golden brown and served with spinach blended with Indian spices and coconut milk. Served with naan or pita bread.*

**Paneer Butter Masala** *Gluten-free Option / Vegan Option*

*Paneer cheese cooked in a slightly sweet curry and butter sauce. Served with naan or pita bread.*

**Pasta e fagioli** *Gluten-free Option / Halal Option / Vegan Option*

*Not quite a soup or a stew, “pasta fazool” as it’s often called, contains beans (red, pinto, cranberry or cannellini) and small pasta in a tomato-based broth with onions, garlic, celery, parsley, oregano, and basil. Topped with Parmesan cheese and served with a garlic baguette.*

### **Potato Pie with Simple Romaine Salad**

*Yellow potatoes layered with cream sauce in a filo dough crust. Served with a salad of romaine lettuce, grape tomatoes, and thinly sliced onions in Dijon mustard vinaigrette.*

### **Portabella Mushrooms Stuffed with Potatoes & Artichokes *Halal Option / Vegan Option***

*Large mushrooms marinated in red wine, lemon, and garlic; topped with roasted potatoes and artichokes and feta cheese; and then baked until golden brown. Served with rice pilaf.*

### **Quinoa Salad *Gluten-free / Halal Option / Vegan Option***

*Quinoa mixed with basil pesto, red wine vinaigrette, dried cranberries, toasted pinenuts, mixed greens, sliced onions, and feta cheese.*

### **Roasted Vegetable Pasties with Roasted Garlic Cream Sauce**

*Roasted carrots, potatoes, and onions layered in puff pastry packets with sautéed spinach and roasted garlic cream sauce and baked until golden brown. Served with more of the garlic sauce on the side.*

### **Sweet & Spicy Thai Broccoli & Rice Noodles *Gluten-free Option / Spicy / Vegan***

*Broccoli, baby corn, and bok choy quickly cooked in a sweet and spicy sauce, served over rice noodles, and garnished with lime juice and toasted sesame seeds.*

### **Veggie Lasagna *Gluten-free Option***

*Caramelized carrots, zucchini, and onions layered between lasagna noodles with cottage and parmesan cheeses in a light cream sauce (with or without nutmeg—your choice), topped with provolone and baked until golden brown.*

### **Veggie Tortilla Casserole *Gluten-free / Vegan Option***

*Lightly browned corn tortillas layered with pinto beans and corn sautéed with Cubanelle (not spicy) peppers and onions, homemade salsa verde, and cheese. Served with sour cream.*

*If fresh tomatillos are not available, store-bought salsa verde will be substituted instead.*

## ☞ Brinner (breakfast for dinner) ☛

### **Corned Beef Hash and Cheese Blintzes with Blueberry Compote**

*Thin crepes filled with a light lemony cream cheese mixture, folded, baked, and topped with homemade blueberry compote. The hash is made with corned beef, potatoes, onions, and bell peppers (peppers are optional).*

### **Eggplant, Potato & Feta Frittata with Tomato & Basil Balsamic Salad**

*Eggplant, yellow potatoes, and onions are sautéed, topped with eggs, feta cheese, and herbs, and then baked. Served with a simple salad of grape tomatoes, fresh basil, and balsamic vinaigrette.*

### **Italian Sausage Strata with Fried Apples *Vegetarian Option***

*Layers of ciabatta (Italian “slipper bread”) and crumbled mild Italian sausage are covered with an egg custard and baked until golden brown and tender. Served with apples sautéed in brown sugar, butter, and cinnamon.*

## ☞ Sides ☛

Baked polenta with cheese

Baked potatoes

Baked sweet potatoes

Broccoli sautéed with garlic and lemon in olive oil

Green beans with almonds

Honey-cumin carrots

Mashed potatoes (with or without cheese)

Mixed greens salad with red wine vinaigrette

Pepin Potatoes (cooked in broth, browned on the outside, soft on the inside)

Potatoes au Gratin

Roasted broccoli and cauliflower

Roasted carrots and potatoes



**Spicy** green beans

Spinach sautéed with garlic and lemon in butter and olive oil

## Desserts

Chocolate Tiramisu

Loaded Oatmeal Cookies (chocolate chips, toasted walnuts, raisins)

Mango Crumble (Indian-inspired) **Gluten-free Option** / **Vegan Option**

Mom's Brownies with Toasted Almonds

New York Style Cheesecake **Gluten-free Option**

Peach or Blueberry Cobbler **Gluten-free Option** / **Vegan Option**

Chocolate-Raspberry Cake with Chocolate Frosting **Gluten-free Option** / **Vegan Option**