



Freezable Meals

Stews

Beef Stew

A classic dish with tender pieces of beef slow cooked with onions, potatoes, and carrots

Gluten Free

Dairy Free

Lamb Stew

Rich lamb stew, slow cooked until tender with carrots, parsnips, herbs and onions

Moroccan "Meditation" Stew

Slow cooked carrots, garlic, onion, chickpeas, lentils, tomatoes, turnip with warming cumin, cinnamon, coriander and chili. With greens. Perfect to warm you up, satisfy and detox! With steamed white or brown rice on the side. Please specify.

Vegan

Gluten Free

Dairy Free

Chicken

Chicken and Biscuits

My take on a Southern tradition. Poached chicken breast, carrots, leeks, peas in a creamy sauce with golden homemade biscuits on top. Comfort food, a little lighter.

Chicken and Corn Enchiladas Verde

Poached, shredded chicken breast and sweet corn folded with cheddar cheese wrapped in soft corn tortillas. Topped with roasted tomatillo sauce, a little more cheddar, and baked until melty.

NOT GF

NOT Dairy Free

Chicken Pot Pie

Classic with poached chicken in a light cream sauce with carrots, pearl onions, peas and mushrooms. Topped with a golden brown butter crust

Eggplant

Eggplant with Lamb, Tomato and Walnuts

Layers of golden eggplant, seasoned lamb and sweet tomato sauce with melted mozzarella*

**can also be made with ground turkey, chicken, or beef*

Sweet and Sour Eggplant, Tomatoes and Chickpeas

The flavors of summer - tomatoes and eggplant, peppered with parsley and mint, bolstered with chickpeas and tangy sweet pomegranate molasses. Enjoy with freekeh.

As is or with shrimp or chicken.

Pasta

Baked Spinach and Ricotta Dumplings with Tomato Sauce

Handmade ricotta and spinach dumplings, dropped into fresh tomato sauce and baked with Parmigiano

Turkey and Artichoke Baked Shells with Tomato Sauce

Ground turkey sautéed with artichoke hearts, onions, garlic and parsley nestled into pasta shells. Topped with tomato sauce, Parmigiano cheese and baked.

If gluten free, enjoy as stuffed peppers.

Classic Cheese Lasagna

Layers of mozzarella, Parmigiano cheese, homemade tomato sauce with lasagna noodles cooked until bubbly.

Spinach and Mushroom Lasagna

Layers of spinach, roasted tomato sauce, layered with mozzarella and ricotta cheese.

For an all vegetable Gluten-free version, thin slices of butternut squash replace the lasagna "noodles"

Without mushrooms, just ask.

Zucchini Lasagna with Spinach and Lemon Zest Ricotta

With OR without lasagna pasta

Layers of zucchini, spinach, roasted tomato layered with mozzarella cheese and lemon zest scented ricotta cheese

Lasagna alla Bolognese

Slow cooked rich beef Bolognese sauce layered with mozzarella and Parmigiano

Gluten free- enjoy with roasted eggplant slices instead of lasagna noodles.

Vegetarian - with rich mushroom and walnut "bolognese"

Walnut and Mushroom "Bolognese"

*Earthy toasted walnut and mushroom vegetarian version of bolognese pasta sauce tossed with pasta. **can be made with gluten free pasta*

Soup/Chili

Beef, Barley, and Mushroom Soup

Tender barley, mushrooms and chunks of slow cooked beef cooked with root vegetables and a nourishing broth

Carrot Ginger Soup with Chickpea Spinach Pancakes

Tangy and earthy purée of carrot ginger soup served with a savory chickpea flour crepe laced with sautéed spinach

Gluten Free

Dairy Free

Vegan

Chicken Orzo Vegetable Soup

Poached chicken breast, carrot, onion and celery in this rich chicken and vegetable soup with orzo (rice shaped) pasta.

Cream of Broccoli Soup, Cheddar Cornbread

Light and loaded broccoli soup with cheddar black pepper cornbread

Hearty Split Pea Soup with Ham

A fresh take on the classic

Lemony Chicken Soup with Wild Rice and Green Beans

Poached chicken breast with a touch of lemon to the rich chicken broth, with wild rice and green beans

Gluten Free

Dairy Free

Minestrone Soup

Classic vegetable soup with carrots, zucchini, white beans, smoked ham, potato, tomato, greens and Parmigiano Cheese

Or vegetarian without ham

Gluten Free

Short Rib Beef

Smoky beef short rib chili cooked with red chili beans, stout, and aromatics.

Turkey Chickpea Chili

Ground dark and white meat turkey, slow cooked with chickpeas, herbs, tomatoes and light chipotle seasoning.

Garnished with chopped scallions and shredded cheddar if desired. Please specify

Vegetarian Chili

Vegetarian chili slow cooked with kidney beans, butternut squash, chickpeas, herbs, tomatoes and light chipotle seasoning.

Garnished with chopped scallions and shredded cheddar if desired. Please specify

Gluten Free

Dairy Free (without the shredded cheddar on the side)

Pork

Pork, Chickpea and Spinach Braise

Cubes of pork shoulder slow cooked in a tomato based broth with chickpeas and spinach.