

# DINNER

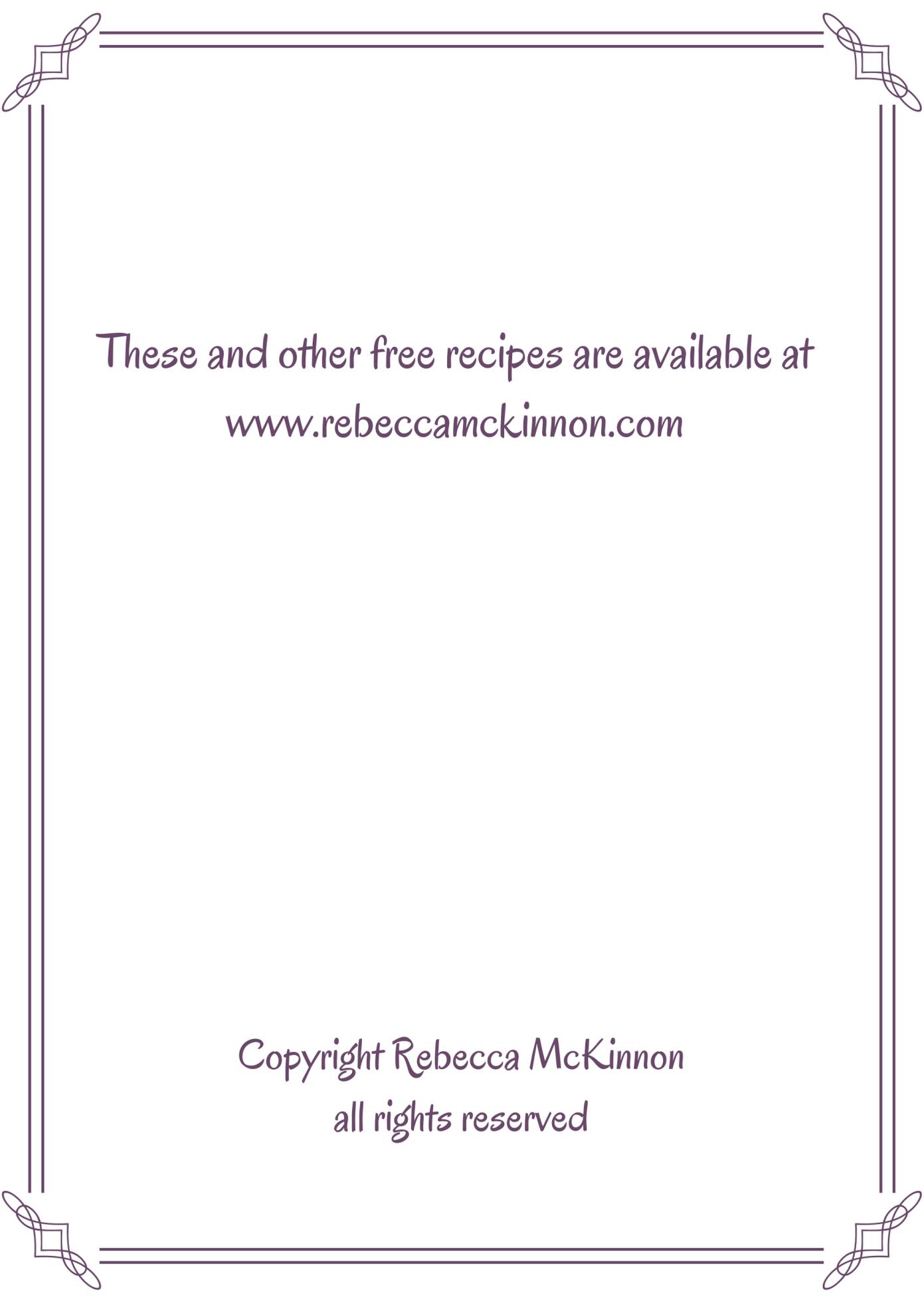
*D o n e*

*a dinner menu and recipes*

*A Little Recipe Booklet by*

*Rebecca McKinnon*

*[www.rebeccamckinnon.com](http://www.rebeccamckinnon.com)*



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# the Meal

*Creamy Tomato Basil Soup*

*Easy Meatloaf*

*Roasted Brussels Sprouts with Tahini Lime Dressing*

*Key Lime Posset Pies*

*Add rolls and a salad (if desired) to round out your meal.*



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# Creamy Tomato Basil Soup

4 - 4 1/2 pounds tomatoes

1 c. chopped onion

1 clove garlic, minced

3 c. almond milk (divided)

1/4 c. chopped fresh basil

1 T. Italian seasoning

1/2 t. dried oregano

1/8 t. pepper

2 t. beef bouillon

4 T. olive oil

1/3 c. flour

salt, to taste

Optional: blanch the tomatoes.

Core the tomatoes and cut into halves or quarters. Put the tomatoes, along with the onion and garlic, in a large saucepan or Dutch oven and cook for 20 minutes. Blend smooth with an immersion blender, or process in batches in your blender. Return to your pan.

Stir in 2 cups of the almond milk, the basil, Italian seasoning, oregano, and pepper. Bring to a simmer and add in the beef bouillon. Allow to simmer for at least 15 minutes, 30 would allow the flavors to mingle better.

In a small saucepan, make a roux with the olive oil and flour, whisking until smooth, and allow it to cook for a few minutes to cook out the flour flavor. Slowly whisk in the remaining cup of almond milk. Simmer until thickened. Pour a ladle-full of the soup into your roux, whisking constantly. When it's smooth, add another ladle of soup. Then pour the roux mixture into the soup and allow to simmer until the soup thickens to your liking. Add salt, and any additional pepper, to taste.

### \*\*\* Optional Serving Suggestions \*\*\*

- If you're not trying to avoid dairy, you can stir in a cup of parmesan cheese just before serving.
- Sprinkle crumbled bacon on top.





# Easy Meatloaf

1 lb. ground beef

1/2 c. panko bread crumbs

1 egg, slightly beaten

1/2 c. ketchup (divided)

1 T. soy sauce, plus a bit more for glaze

1/2 t. salt

1/8 t. pepper

1/8 t. ground cayenne pepper

1/2 t. mustard powder

5/8 t. smoked paprika, divided

1 T. brown sugar

In a medium-sized bowl, mix together your ground beef and panko bread crumbs. In a smaller bowl, stir together the egg, 1/4 c. of the ketchup, and the soy sauce. Add the salt, pepper, cayenne pepper, mustard, and 1/2 t. of the smoked paprika. Add the ketchup mixture to the ground beef and panko, and mix together just until everything is well incorporated.

Now you're going to make your loaf. You can use a loaf pan, or a meatloaf pan (that has a special insert to allow the fat to drain and makes it easier to lift your finished meatloaf from the pan), or you can make a free-form loaf on a lined baking sheet (this is generally my method of choice). As you form your loaf, be sure to press it together loosely — if you press it too tightly together, your finished meatloaf will be very dense.

In a small bowl, mix together the remaining 1/4 c. ketchup, a dash of soy sauce, 1/8 t. smoked paprika, and the brown sugar. Spread over the top of your loaf.

Bake at 350°F for 45 min. Allow to rest for 5 minutes before serving.

While you can certainly use a spoon to mix up your meatloaf, I prefer getting my hands dirty — I feel the ingredients are better incorporated that way.



# Roasted Brussels Sprouts

## With Tahini Lime Dressing

1 lb. Brussels sprouts

1 T. olive oil

2 T. lime juice

2 T. tahini

2 T. water

1 t. sugar

scant 1/8 t. cayenne

1/8 t. cumin

a pinch of salt

Trim your sprouts and cut them in half. Toss them with the olive oil, and spread them evenly on a foil-lined baking sheet.

Bake at 375°F for 35–40 minutes, stirring halfway through. Your sprouts should be crisping and turning brown around the edges.

While the sprouts cook, you'll want to make your dressing. Put the remaining ingredients in a small bowl and whisk together.

When your sprouts are done, remove from the oven and drizzle the dressing over the top.

### Tips:

- If your sprouts are extra large, you may want to quarter them. You're looking for fairly even pieces.
- Keep an eye on the sprouts near the end of cooking. They can go from nicely crisped and roasted to burned very quickly.

## Key Lime Posset Pies

1 pt. heavy cream

2/3 c. sugar

5 T. key lime juice

2 T. key lime zest, optional

mini pie crusts or tart crusts

(I used eleven .71 oz.

pre-made graham cracker

crusts \*see note below)

Optional toppings:

key lime zest, key lime slices,

whipped cream

We're going to start by making the posset. This is extremely easy, but it does take time. In a small saucepan, combine the heavy cream with the sugar. Heat this over medium to medium-low heat, stirring occasionally to dissolve the sugar (and to keep the cream from burning, of course). Allow the cream and sugar to come to a boil. Continue boiling for 5 minutes, then remove it from the heat. Stir in your lime juice and, if you're using it, lime zest. Cover and allow to cool. You're looking for it to come down to near-room temperature.

Place your crusts on a baking sheet — this makes it easy to move them to the refrigerator. Once your posset has cooled, pour or scoop it into your crusts. Refrigerate your pies for several hours — I would suggest a minimum of 3 hours. Before serving add your toppings, if you choose to use any. These pies look best, and are easiest to eat, if they're removed from the tins prior to serving.

\* Note: If you're using the graham cracker crusts, look on the back of the package. See where it suggests brushing the crust with a beaten egg white and baking at 375° for 5 minutes? I suggest you try doing that. We don't want your crusts to go soggy, do we?





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