

Meals from the Heart

Sloppy Joes

Servings | 25

Ingredients

6 lbs.	lean ground beef; or ground turkey
3	medium onions, chopped
3	green bell peppers, chopped
3 tsp.	garlic powder
2 tbsp	yellow mustard
4 cups	ketchup
1/4 cup	brown sugar
25	hamburger buns

Directions

- In a large skillet over medium heat, brown the ground beef, onion and green pepper; drain off the liquids
- Stir in the garlic powder, mustard, ketchup, and brown sugar; mix thoroughly. Reduce heat and simmer for 30 minutes. Season with salt and pepper to taste.
- Serve the sloppy joe mixture in a steam tray with the buns on the side.



Meals from the Heart

Vegetarian Sloppy Joes

Servings | 5

Ingredients

1/2 cup	dry green lentils
1 - 15 oz.	chickpeas, drained can and rinsed
5	hamburger buns
1 bottle	BBQ sauce of choice

Directions

- Place lentils in a medium sized pot and cover with 1 cup of water and a pinch of salt. Bring to a boil, reduce to a simmer and cook lentils until tender and cooked through, 20–25 minutes.
- Add the chickpeas and BBQ sauce to the lentils. Cook for 10-15 minutes stirring occasionally until everything is heated through.
- Serve the buns on the side.



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Coleslaw

Servings | 30

Ingredients

3 lbs.	cabbage
1 cup	apple cider vinegar
1 cup	granulated sugar
2 tsp	celery seed
1/2 tbsp.	salt

*If you want to make a creamier coleslaw dressing, feel free to add 3/4 cup mayonnaise

Directions

- Shred or chop cabbage.
- Combine vinegar, sugar, salt, and celery seed in separate bowl.
- Add to cabbage. Mix lightly.



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Shopping List

Servings | 30

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

3 lbs	cabbage	2 bottles	BBQ sauce of choice (some for the side)
3	onions	1 - 16 oz. bottle	apple cider vinegar
3	green bell peppers	1 small container	celery seed
30—40	hamburger buns	1 - 8 oz. bottle	yellow mustard
6 lbs	ground beef, lean or ground turkey	48 oz.	ketchup
1/2 cup	dry green lentils	1 bottle	salad dressing of choice
1 - 15 oz. can	chickpeas		



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