

Meals from the Heart

Sloppy Joes

Servings | 45

Ingredients

12 lbs.	lean ground beef; or ground turkey
4	medium onions, diced
5	green bell peppers, chopped
2 tsp.	salt (divided)
2 tsp.	black pepper (divided)
6 tsp.	garlic powder (divided)
1/4 cup	yellow mustard (divided)
6 cups	ketchup (divided)
1/2 cup	brown sugar (divided)
50	hamburger buns

Directions

- Preheat oven to 250° F.
- Split the ground beef between two large pots over high heat. Cook, stirring frequently to break the meat up, until meat is browned. Drain the fat using a large colander set over a pot in the sink. Set the browned beef aside.
- Add 2 tbsp. of cooking oil each into two large sauté pans over high heat. Split the onions and peppers across the two pans, adding 1 tsp salt and 1 tsp pepper to each pan, and cook until vegetables have softened.
- In a large mixing bowl, stir together the garlic powder, mustard, ketchup, and brown sugar.
- Combine all of the beef, vegetables, and the sauce into one large pot and bring to a simmer over high heat, stirring frequently.
- Lower heat and simmer for at least 20 minutes. In large hotel pans, warm buns in the oven for about 10 minutes.
- Serve!

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Meals from the Heart

Vegetarian Sloppy Joes

Servings | 10

Ingredients

1 cup	dry green lentils
2 - 15 oz. cans	chickpeas, drained, rinsed, and mashed
2 bottles	BBQ sauce of choice

Directions

- Place lentils in a medium sized pot and cover with 2 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.
- In a colander, drain and rinse the chickpeas. Using clean and gloved hands, mash the chickpeas until well broken-up.
- Add the chickpeas and BBQ sauce to the lentils. Cook for 10-15 minutes stirring occasionally until everything is heated through.



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Meals from the Heart

Coleslaw

Servings | 30

Ingredients

1 head	red cabbage, cored and cut into wedges
2 heads	green cabbage, cored and cut into wedges
3 ea	carrots, peeled
1/2 cup	apple cider vinegar
1/4 cup	granulated sugar
3 tbsp.	salt
1 tsp.	black pepper
2 tsp.	celery seed
3 tbsp.	Dijon mustard
2 cups	mayonnaise

Directions

- Shred the cabbage and carrots. Feel free to slice thin with a knife, use a hand grater, or the food processor with grater (carrots) and slicer (cabbage) attachments, Set aside in a large mixing bowl.
- Whisk together the remaining ingredients except mayonnaise in a bowl.
- Add the mayonnaise and whisk until incorporated.
- Add the dressing to the cabbage and carrots. Toss until well-dressed.

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Shopping List

Servings | 45

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.

1 head	red cabbage	1- 8oz	Dijon Mustard
2 heads	green cabbage	bottle	
4	medium yellow onions	48 oz.	ketchup
3 ea	carrots	2 bottles	BBQ sauce of choice (some for the side)
5	green bell peppers	1 - 16 oz. bottle	apple cider vinegar
60	hamburger buns	1 cup	dry green lentils
12 lbs.	lean ground beef or turkey	2 - 15 oz. cans	chickpeas
1 jar	mayonnaise (if you like, buy plant-based to make the coleslaw vegan!)	1 small container	celery seed
1- 8 oz. bottle	yellow mustard		



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