

Meals from the Heart

Corn Chowder

Servings | 25

Ingredients

1/2 cup	olive oil
8 cloves	garlic
2	yellow onions, diced
3 qts.	vegetable broth
2	bay leaves
1 1/2 tbsp.	salt
5	medium red potatoes, cubed
24 oz.	frozen corn kernels
1 1/2 tsp.	paprika
1 1/2 tsp.	black pepper
1/2 cup	fresh cilantro, chopped
2 - 7 oz. cans	diced green chiles
1 - 13.5 oz. can	coconut milk
2	limes

Directions

- In two large pots, sweat diced onions in olive oil on medium heat until translucent. Add minced garlic for two minutes, then add remaining ingredients except cilantro and limes.
- Bring to boil, then lower to simmer and cook until potatoes are tender. Add cilantro, zest of one lime. Serve with remaining limes on the side cut into eighths.



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Spinach Quiche

Servings | 25

Ingredients

22	eggs
4	deep dish frozen pie crust
4 1/2 tbsp.	butter
2	large red onions, diced
1 lb.	mushrooms, sliced
4 - 10 oz. packages	frozen spinach
4 1/2 cups	heavy cream
4 1/2 cups	shredded Gruyere
1 tsp.	ground nutmeg
2 tbsp.	salt
2 tbsp.	black pepper

Directions

- Preheat oven to 400° F.
- In two large skillets, sauté onions and mushrooms until onions are soft and translucent and mushrooms have released most of their moisture, and begun to brown. Set aside.
- While the vegetables are cooking, place the empty frozen crusts in the oven to bake for 10-12 minutes, or until they are just beginning to brown. Remove crusts from oven.
- Rinse all the spinach until thawed and squeeze out as much of the liquid as possible. Toss with cooked onions and mushrooms.
- In a large bowl, beat the eggs, then combine with the cream, nutmeg, salt, pepper, and gruyere.
- Distribute the vegetable mixture evenly in the 4 pie crusts, then cover with the blended egg mixture. Gently mix the pie fillings, then bake 1 - 1 1/2 hours. Remove from oven when a knife placed in the center comes out clean.



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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.

4 crusts	frozen pie crust (in foil tins)
2	large red onions
2	yellow onions
2	limes
1 pound	mushrooms
1 bunch	fresh cilantro
4 - 10 oz. packages	frozen spinach
1 quart + 1 pint	heavy cream
≈20 oz.	shredded gruyere
1 small container	nutmeg
3 quarts	vegetable broth
5	medium red potatoes
2 - 12 oz. bags	frozen corn
5 - 7 oz. cans	diced green chiles
1 - 13.5 oz. can	coconut milk
2 dozen	eggs



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