

Meals from the Heart

Jamaican Chicken Curry

Servings | 25

Ingredients

3/4 cup	canola/vegetable oil
1 - 1/2 oz. container	fresh thyme
6 lbs.	boneless, skinless chicken thighs
6	gold potatoes, diced
3	medium yellow onions, diced
5	green bell peppers, diced
3/4 cup	curry powder
3 tbsp	salt (add more as needed)
1/4 cup	garlic powder
3 cups	chicken broth
3 tbsp	black pepper
8 oz	white vinegar

Directions

- In a pot over high heat, add oil, thyme, and chicken and cook for 3 minutes or until chicken is cooked through.
- Add potatoes, onion, bell pepper, and curry powder and stir well. Cook for 5 minutes.
- Add the remaining ingredients. Stir well and lower the heat to a simmer. Cover and cook for 30 minutes. Add some water or more broth if the curry looks dry.
- Serve the Jamaican chicken with rice on the side.

Suggested toppings on the side:

- Greek yogurt



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Vegetarian Caribbean Rice and Beans

Servings | 25

Ingredients

5 cups	long grain white rice
3/4 cup	vegetable oil
5 cloves	garlic, minced
1	onion, diced
5 tsp	creole spice mix
2 tbsp	Italian seasoning
4 1/2 cups	coconut milk
2 - 15.5 oz. cans	red kidney beans, drained and rinsed
5	small bay leaves
5 1/2 cups	vegetable broth
2 1/2 tsp	paprika

Directions

- Wash rice until water runs clear. Drain water.
- Heat a medium pot with oil. Then add onion, garlic, creole spice, and Italian seasoning, and sauté for about a minute.
- Stir in rice to the pan, followed by beans. Cook for about 2 minutes, stirring frequently, then add coconut milk, bay leaf, and veggie broth.
- Bring to a boil and then reduce heat (move to a different burner if necessary), cover with a lid and simmer until rice is cooked; about 20 minutes. Stir occasionally from the sides and on bottom to prevent burns. Add more veggie broth as needed.
- Adjust for salt and pepper. Discard bay leaves.
- Serve warm.



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Caribbean Salad

Servings | 25

Ingredients

For Salad:

3 heads	salad greens— romaine, butter lettuce, etc.
2 cups	pineapple, canned or fresh
4 (or 2 cups canned)	mandarin oranges, separated into segments
1 cup	dried cranberries
2 bunches	green onions
1/2 cup	sesame seeds

For Dressing (you can use a similar store bought dressing as well):

1/2 cup	honey
1/2 cup	apple cider vinegar
1/4 cup	lime juice
1 1/4 cup	vegetable oil
1/4 cup	onion, minced fine
1 tbsp.	salt

Directions

- Wash and cut salad greens.
- In a large bowl, mix the salad greens and all of the toppings except the sesame seeds.
- To make the dressing, add all of the ingredients to a food processor or blender and pulse until smooth.
- Drizzle dressing over the salad.



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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 heads	salad greens, romaine, butter lettuce, etc.	4	onions
1 can or 1 fresh	pineapple, canned or fresh	1 head	garlic
4 or 2 cups canned	Mandarin oranges	1 - 1/2 oz. container	fresh thyme
2 bunches	green onions	1 - small container	sesame seeds
6	gold potatoes	3 - 15.5 oz. cans	coconut milk
5	green bell pepper	3 - 15.5 oz. cans	red kidney beans
5 oz.	dried cranberries	16 oz.	white vinegar
	For Dressing (or buy 2 bottles of similar, store bought dressing)	2 quarts	vegetable broth
1 - 12 oz. bottle	honey	2 quarts	chicken broth
4 oz.	lime juice	6 lbs.	boneless, skinless chicken thighs
		1 - 2 lb. bag	long grain white rice



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