

Meals from the Heart

Beef Stroganoff

Servings | 25

Ingredients

5 lbs.	uncooked wide egg noodles
1/2 cup	butter
3 tbsp.	salt
2 tbsp.	black pepper
6 lbs.	ground beef
5	small onions, thinly sliced
20 oz.	canned sliced mushrooms, drained
1 head	garlic, minced or pressed
10 cups	beef stock
1/2 cup + 2 tbsp.	Worcestershire sauce
3/4 cup + 3 tbsp.	flour
2 1/2 cups	plain Greek yogurt or sour cream

Directions

- Cook egg noodles in a large stockpot of salted water until al dente (according to package instructions), then drain.
- As pasta water is coming to a boil, add 3 tbsp. cooking oil to a large pot over medium-high heat. Add ground beef to pot to brown, season with salt & pepper, breaking up meat with a spoon as it cooks. Drain fat from pot into a heat-proof container using a cooling rack over the top, then set beef aside in a large bowl.
- Add 1/2 cup butter to pot, then add onions. Cook, stirring often, until onions are soft and translucent, about 10 minutes. Add mushrooms and garlic and sauté for 1 minute. Add 2 1/2 cups of beef stock to pot and stir, scraping bottom to release cooked-on bits. Bring to simmer and cook down for another 5 minutes.
- While this is cooking down, whisk together remaining beef stock, Worcestershire sauce, and flour until smooth in a separate bowl. Add this mixture to the pot, stir to combine. Return mixture to a simmer, stirring frequently, then cook for another 5-10 minutes until thickened.
- Stir in yogurt/sour cream and meat. Season with salt & pepper to taste; serve warm noodles and sauces separately.



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Mushroom Stroganoff

Servings | 5

Ingredients

3 tbsp.	butter
3 tsp.	salt
2 tsp.	black pepper
1	medium onion, thinly sliced
4 cloves	garlic, minced or pressed
4 oz.	canned sliced mushrooms, drained
1/2 tsp.	Italian seasoning
2 cups	vegetable stock
1 tbsp.	soy sauce
1 tsp.	apple cider vinegar
3 1/2 tbsp.	flour
1/2 cup	plain Greek yogurt or sour cream

Directions

- Melt butter in a medium pot over medium-high heat. Add onions and garlic; cook, stirring frequently, until onions are translucent, 5-6 minutes. Add mushrooms and Italian seasoning, and continue to cook for another 2 minutes. Add 1/2 cup of vegetable stock and bring to a simmer.
- In a separate bowl, whisk together the remaining vegetable stock, soy sauce, vinegar, and flour until smooth. Add this to the simmering pot, stir to combine, then add in yogurt/sour cream.
- Season with salt & pepper to taste; serve alongside noodles and beef stroganoff.



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Coleslaw

Servings | 30

Ingredients

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

Directions

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



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Meals from the Heart

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.

6 lbs.	wide egg noodles
1 - 24 oz. container	sour cream (can be Greek yogurt if group prefers)
6 lbs.	ground beef
1 small bottle	soy sauce
1 bottle	Worcestershire sauce
3 qts.	beef stock
1 qt.	vegetable stock
24 oz.	canned sliced mushrooms
3 lbs.	cabbage
2 heads	garlic
2–3 lb. bags	yellow onions
1 small container	celery seed



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