

Meals from the Heart

Beef Stroganoff

Servings | 40

Ingredients

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

Directions

- Bring two large stockpots of salted water to a boil.
- As pasta water is coming to a boil, add 1/4 cup cooking oil to a large pot over medium-high heat. Add ground beef to pot, season with salt & pepper and cook until brown, breaking up the meat with a spoon as it cooks. Drain fat from beef—set a large colander over a large pot, then pour out beef to drain. Set beef aside.
- On high heat, add 3/4 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 2 minutes. Stir in 1 quart of beef stock. Bring mixture to a 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. Bring the pot to a rolling boil, then stir the flour mixture into the pot. Cook, stirring continuously, until contents have thickened. Add in yogurt/sour cream and meat. Simmer mixture for 5-10 minutes.
- Cook egg noodles until al dente (according to package instructions), then drain.
- Season with salt & pepper to taste; serve warm noodles and sauces separately.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Mushroom Stroganoff

Servings | 10

Ingredients

6 tbsp.	butter
6 tsp.	salt
4 tsp.	black pepper
2	medium onion, thinly sliced
1/4 cup	minced garlic
8 oz.	canned sliced mushrooms, drained
1 tsp.	Italian seasoning
1 quart	vegetable stock
2 tbsp.	soy sauce
2 tsp.	apple cider vinegar
7 tbsp.	flour
1 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 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.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Coleslaw

Servings | 30

Ingredients

2 heads	red cabbage
2 ea	carrots
1 ea	red onion
1 cup	apple cider vinegar
5 tbsp.	granulated sugar
3 tbsp.	salt
1 tsp.	celery seed
1.5 tbsp.	mustard
1 tsp.	black pepper
1/4 cup	olive oil

Directions

- Shred cabbage, carrots, onion
- Combine remaining ingredients in separate bowl.
- Add to cabbage. Mix lightly.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Shopping List

Servings | 40

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
32 oz.	sour cream (or plain Greek yogurt)
8 lbs.	ground beef (thawed not frozen)
1 small bottle	soy sauce
1 small container	celery seed
1 bottle (at least 10 oz.)	Worcestershire sauce
3 quarts	beef stock
1 quart	vegetable stock
32 oz.	canned sliced mushrooms
2 large heads	red cabbage
1 large jar	minced garlic
6	medium yellow onions
1	small red onion
2	carrots



**Ronald
McDonald
House®**
Oregon