

Meals from the Heart

Chicken Enchilada Casserole

Servings | 25

Ingredients

6 tbsp.	vegetable oil
4 1/2 lbs.	boneless skinless chicken thighs/breasts
3 tbsp.	garlic powder
2 tbsp.	chili powder
1 tbsp.	ground cumin
3 tbsp.	olive oil
3	medium yellow onions, diced
3	red bell peppers, diced
3 - 4 oz. cans	diced green chiles
3 - 15.5 oz. cans	pinto beans, drained and rinsed
3 - 15.5 oz. cans	black beans, drained and rinsed
24 oz.	frozen corn
11 cups, divided	red enchilada sauce
36	corn tortillas, halved
9 cups	shredded Mexican blend cheese

Directions

- Preheat oven to 385° F. Grease a large disposable baking pan with cooking spray; set aside.
- Heat 3 tbsp. each vegetable oil in two large skillets over medium-high heat. Once oil is shimmering, place chicken in skillets in a single layer (you will need to do multiple batches). Cook until one side is beginning to brown; about 5 minutes. Flip each piece over, and continue to cook until chicken is fully cooked. Set finished chicken aside, and repeat process until all chicken is cooked.
- Use forks or potato masher to shred the chicken in a large bowl. Once shredded, season with garlic powder, cumin, chili powder, and 2 tbsp. salt.
- In a large pot, heat olive oil over medium-high heat until shimmering. Add onions and peppers, season with salt and pepper, and cook, stirring frequently, until vegetables have softened. Stir in green chiles, beans, corn, 8 cups of enchilada sauce, and shredded chicken; stir to combine. Remove from heat.
- Pour 1 cup of enchilada sauce in reserved baking pan to coat the bottom. Lay enough tortilla halves in the bottom to cover. Add 1/3 of the chicken mixture, then 1/3 of the cheese. Repeat twice, then top with remaining cup of enchilada sauce and cheese.
- Cover pan with foil and bake for 20 minutes. Remove cover and bake for another 10 minutes, until cheese is melted. Serve.



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Vegetarian Enchilada Casserole

Servings | 8

Ingredients

1 tbsp.	olive oil
1	medium yellow onion, diced
2	red bell peppers, diced
1 - 4 oz. can	diced green chiles
1 - 15.5 oz. can	pinto beans, drained and rinsed
2 - 15.5 oz. cans	black beans, drained and rinsed
12 oz.	frozen mixed vegetables
4 cups, divided	red enchilada sauce
12	corn tortillas, halved
3 cups	shredded Mexican blend cheese

For topping both casseroles:

3/4	red onion, diced
1 cup	chopped fresh cilantro

Directions

- Grease a 9x13" baking dish with cooking spray; set aside.
- In a large pot, heat olive oil over medium-high heat until shimmering. Add onions and peppers, season with salt and pepper, and cook, stirring frequently, until vegetables have softened. Stir in green chiles, beans, and frozen vegetables, and 3 cups of enchilada sauce.
- In reserved baking dish, pour 1/2 cup enchilada sauce into the bottom, tipping the dish to coat.
- Lay enough tortilla halves in the bottom to cover. Add 1/3 of the vegetable mixture, then 1/3 of the cheese. Repeat twice, then top with remaining 1/2 cup enchilada sauce and cheese.
- Set out bowls of diced red onion and chopped cilantro as toppings.



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Meals from the Heart

Seasoned Rice w/ Corn & Caesar Salad

Servings | 30

Ingredients

10 cups (dry)	long grain white rice
16 cups	water
24 oz.	frozen corn
1 tbsp.	salt
1 tbsp.	ground coriander
2 tbsp.	paprika

For Caesar salad:

3 heads	romaine lettuce
1 bottle	Caesar dressing
1 package	croutons

Directions

- Preheat one oven to 400°F.
- Add 16 cups of water and the frozen corn to a large pot, cover, and bring to a full rolling boil.
- Meanwhile, grease a deep full-size hotel pan with pan spray, then add the 10 cups dry rice, along with the seasonings.
- Once the water comes to a full boil, pour over the dry rice and seasonings. Stir, then cover pan with foil and place in the preheated oven for 50 minutes.
- Remove from oven, let sit 10 minutes, fluff, and serve!

For Caesar salad:

- Chop romaine lettuce; compost the cores. Wash and spin dry if the lettuce is not pre-washed.
- Toss with dressing in a large bowl, then serve with tongs. Serve croutons in a smaller bowl on the side.



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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.

1 - 5 lb. bag	long grain white rice
48 oz.	shredded Mexican blend cheese
2 sleeves (at least 48)	corn tortillas
4 - 28 oz. cans	red enchilada sauce
1 - 12 oz. bag	frozen mixed vegetables
4 - 12 oz. bags	frozen corn
5 - 15.5 oz. cans	black beans
4 - 15.5 oz. cans	pinto beans
4 - 4 oz. cans	diced green chiles
1 bunch	fresh cilantro
5	red bell peppers
5	onions (1 red, 4 yellow)
4 1/2 lbs.	boneless skinless chicken thighs
3	Romaine hearts
1 - 5 oz. bag	croutons
1 bottle	Caesar dressing



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