

Meals from the Heart

Chicken & Veggie Enchilada Casserole

Servings | 45

Ingredients

1/2 cups	cooking oil
6 lbs.	boneless skinless chicken thighs/breasts
6 tbsp.	garlic powder
1/4 cup	chili powder
2 tbsp.	ground cumin
6	medium yellow onions, diced
6	red bell peppers, diced
24 oz.	frozen mixed veggies
5 - 4 oz. cans	diced green chiles
5 - 15.5 oz.	pinto beans, drained cans and rinsed
6 - 15.5 oz.	black beans, drained cans and rinsed
24 oz.	frozen corn
7 cans	red enchilada sauce
100	corn tortillas, halved
as needed	shredded Mexican blend cheese

Directions

- In this recipe you will prepare two layered casseroles (think lasagna) alternating layers of veggie mix, cheese and corn tortillas. The first casserole will be vegetarian, then chicken is added to the remaining veggie mix to assemble the chicken casserole.
- Preheat one oven to 375° F. Grease two large disposable baking pans with cooking spray; set each into a shallow full-size hotel pan (this will help with carrying the disposable pans when they are full). Set aside.
- Bring 2 quarts of water and 1 quart of chicken stock to a boil. Add chicken, reduce heat to medium-high, and simmer until internal temperature of chicken reaches 165°. Drain and set aside to cool enough to handle. Once it has cooled enough, chop into bite-sized pieces.
- In two large pots, split the oil, onions, and peppers and cook, stirring occasionally, until vegetables have softened. Add the remaining vegetables, 5 cans of the enchilada sauce, and beans. Keep pots on medium, stirring occasionally.
- Divide one can of remaining enchilada sauce across the two baking pans to coat the bottom. Lay enough tortilla halves in the bottom to cover. Add veggie enchilada sauce mixture, then cheese, then tortillas. Repeat layers two or three times until pan is full and top layer is cheese.
- Add chopped cooked chicken to the veggie mix and build another casserole. Divide the final can of enchilada sauce across the top of the two pans, sprinkle with a bit more cheese, then bake for 30 minutes. Serve!



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Seasoned Rice w/ Corn & Caesar Salad

Servings | 40

Ingredients

14 cups (dry)	long grain white rice
21 cups	water
24 oz.	frozen corn
3 tbsp.	salt
1 1/2 tbsp.	ground coriander
2 tbsp.	paprika

For Caesar salad:

6 heads	romaine lettuce
2 bottles	Caesar dressing
1 package	croutons

Directions

- Preheat one oven to 400°F.
- Add 21 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 14 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.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Shopping List

Servings | 45

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.

5 lbs.	long grain white rice
5 lbs.	shredded Mexican blend cheese
100	small corn tortillas (about 5")
7 - 28 oz. cans	red enchilada sauce
24 oz.	frozen mixed vegetables
48 oz.	frozen corn
6 - 15.5 oz.	black beans
About 6 lbs.	boneless skinless chicken thighs OR, (recommended):

5 - 15.5 oz. cans	pinto beans
5 - 4 oz. cans	diced green chiles
6	red bell peppers
6	medium yellow onions
6	romaine hearts
1 package	croutons
2 bottles	Caesar dressing

*If you are shopping at Costco,
scan this QR code to see a great
pre-cooked chicken option—2
packages for this recipe!



**Ronald
McDonald
House®**
Oregon