

Meals from the Heart

BBQ Pork Loin

Servings | 25

Ingredients

48 oz. 3/4 cup BBQ sauce (pick your – favorite or use the recipe below)

7 lbs. Pork tenderloins (3/4–1 lb. each)

Make your own BBQ sauce recipe:

3 1/3 cup ketchup

2 1/4 cup apple cider vinegar

1 1/4 cup maple syrup

1/2 cup Dijon mustard

1/4 cup Worcestershire sauce

Directions

- Pre-heat oven to 425 degrees F.
- Place pork on a rack in a shallow roasting pan. Spoon 2 cups of the sauce over the pork.
- Bake, uncovered for 45–55 minutes or until a thermometer reads 160 degrees F. While the pork is cooking, gradually apply the remaining sauce.
- Let the pork stand for 5 minutes before slicing into 1 inch thick round slices.



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BBQ Tofu

Servings | 5

Ingredients

1 - 14 oz. package	extra-firm tofu
3/4 cup	BBQ sauce
1 tbsp.	vegetable oil

Directions

- Press tofu with a heavy dish or pan and let sit for 15–20 minutes to drain.
- Cut the tofu into 1-inch squares/rectangles.
- Pour oil into a skillet. Fry tofu on medium heat for 5 minutes until it starts to brown.
- Add the BBQ sauce and turn up the heat to medium-high heat. Flip over the tofu several times while it cooks.
- Lower heat and let the tofu simmer for 5–10 minutes or until it gets crispy.



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Roasted Potatoes

Servings | 25

Ingredients

7 lbs.	gold potatoes
1/3 cup	olive oil
1 tbsp.	garlic powder
1/2 tbsp.	salt
1/2 tbsp.	pepper

Directions

- Pre-heat oven to 425° F.
- Scrub potatoes (do not peel them). Dice into 1 inch cubes.
- Toss the potatoes with oil and spices.
- Place on a baking sheet and bake for 30—35 minutes until browned and tender.



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Broccoli Salad

Servings | 30

Ingredients

6 heads	fresh broccoli, chopped
1	red onion, diced
1 1/2 cups	raisins
2 cups	sliced almonds
3 cups	mayonnaise
1/2 cup	granulated sugar
1/4 cup	white wine vinegar

Directions

- After cutting vegetables into bite-sized pieces, combine with the raisins and almonds.
- To prepare the dressing, mix the mayo, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.



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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.

6 heads	fresh broccoli
1	red onion
7 lbs	gold potatoes
1 - 10 oz. package	raisins
1 - 12 oz. package	sliced almonds
1 - 30 oz. jar	mayonnaise
1 - 12 oz. bottle	white wine vinegar
48 oz .	BBQ Sauce (pick your favorite or use the recipe on the menu—if making your own, please provide the ingredients)
7 lbs	pork tenderloin
1 - 14 oz. package	tofu, extra firm



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