

# Meals from the Heart

## BBQ Pork Loin

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Servings | 45

### Ingredients

96 oz.      BBQ Sauce

16 lbs.      pork tenderloins

### Directions

- Pre-heat oven to 425 degrees F.
- Place pork on a rack in a shallow roasting pan. Spoon some of the sauce over the pork.
- Bake, uncovered for 35—40 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 | 10

### Ingredients

|                     |                 |
|---------------------|-----------------|
| 2 - 14 oz. packages | extra-firm tofu |
| 1 cup               | BBQ sauce       |
| 2 tbsp.             | canola oil      |

### Directions

- Press tofu with a heavy 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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## Broccoli Salad

Servings | 45

### Ingredients

|          |                    |
|----------|--------------------|
| 10 heads | fresh broccoli     |
| 3        | red onions         |
| 4 cups   | raisins            |
| 3 cups   | sliced almonds     |
| 5 cups   | mayonnaise         |
| 1 cup    | white sugar        |
| 1 cup    | white wine vinegar |

### Directions

- Cut the broccoli into bite size, small pieces. Cut the onion into thin bite-size slices.
- Combine with the raisins.
- To prepare the dressing, mix the mayo, sugar and vinegar together until smooth. Stir into the salad, let chill and serve.
- Serve the almonds on the side.



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## Roasted Potatoes

Servings | 45

### Ingredients

|             |                        |
|-------------|------------------------|
| 15 lbs.     | gold potatoes          |
| 3/4 cup     | extra-virgin olive oil |
| 1 1/2 tbsp. | garlic powder          |
| 1 tbsp.     | kosher salt            |
| 1 tbsp.     | black pepper           |

### Directions

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



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## 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.

|                 |                                 |
|-----------------|---------------------------------|
| 105 oz.         | BBQ Sauce (pick your favorite)  |
| 16 lbs.         | pork tenderloins (3/4—1lb each) |
| 2 14 oz package | extra-firm tofu                 |
| 10 heads        | fresh broccoli                  |
| 3               | medium red onions               |
| 15 lbs.         | gold potatoes                   |
| 4 cups          | raisins                         |
| 3 cups          | sliced almonds                  |
| 5 cups          | mayonnaise                      |
| 1 cup           | white wine vinegar              |



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