

Meals from the Heart

Moroccan Chicken

Servings | 25

Ingredients

Spice mix:

1 tsp	cumin
1 tsp	ground ginger
1 tsp	ground black pepper
3/4 tsp	ground cinnamon
3/4 tsp	ground coriander

5	lemons, zested
2 heads	garlic, minced or pressed
≈7 lbs.	boneless skinless chicken thighs
5 tbsp.	olive oil
5	yellow onions, halved and sliced thin
1/2 cup+ 2 tbsp.	flour
2 qts.+ 1 cup	chicken stock
1/2 cup	white sugar
3 lbs.	carrots, peeled and sliced thin
2 cups	sliced green olives
1/2 cup	chopped cilantro

Directions

- Preheat oven to 400° F.
- Combine spices in a small bowl; stir to incorporate.
- Heat olive oil over medium-high heat in two large skillets. While pans are heating, season chicken thighs liberally with salt and pepper. Once oil is shimmering, add chicken thighs to each pan in a single layer (you will need to do this in multiple batches). Cook until beginning to brown on one side; about 2 minutes. Flip thighs over and brown other side, around 2 minutes more. Set thighs that have been browned aside in a large bowl; repeat process until all thighs have been browned.
- Using the same two pans, add sliced onions and cook over medium-high heat, adding a little water if the onions begin to scorch. Cook onions until translucent, then add garlic—cook for about 30 seconds. Add spice blend and flour; cook, stirring frequently, until fragrant. Add lemon zest, sugar, and 2 cups of stock per pan, scraping the bottom of the pan to release stuck-on bits. Bring to boil.
- Place browned chicken, carrots, and olives in a 4-inch hotel pan. Once the pans are boiling, pour the mixtures over the chicken, adding the remaining stock.
- Put pan in oven for 1 hour. Remove, sprinkle cilantro over the top, and serve.



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Tomato & Garlic Chickpeas

Servings | 20

Ingredients

4 tbsp.	olive oil
8	garlic cloves, minced or pressed
5 - 14.5 oz. cans	petite diced tomatoes with liquid
6 - 15.5 oz. cans	chickpeas, drained
2 tsp.	Italian seasoning
2tbsp.	Kosher salt
1 1/2 tbsp.	black pepper
16 oz.	fresh baby spinach, roughly chopped

Directions

- In a large pot, heat oil over medium-high heat. Add garlic and cook, stirring frequently, for about 30 seconds. Add tomatoes, chickpeas, Italian seasoning, salt, and pepper. Bring to a simmer then cover and lower heat to medium. Simmer, stirring occasionally, for 30 minutes.
- About 10 minutes before serving, stir in spinach until it is wilted. Keep covered on a low simmer until serving.
- Season with salt and pepper to taste, and serve.



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Mediterranean Couscous

Servings | 25

Ingredients

2 quarts	vegetable stock, plus 1/2 cup of water
2 1/2 tbsp.	ground cumin
1 1/2 tbsp.	ground coriander
8 1/2 cups (≈45 oz.)	dry *golden* (not pearl) couscous
1 cup	chopped fresh cilantro
1/4 cup	olive oil
10 cloves	garlic, sliced thin

Directions

- Add garlic and olive oil to a large pot, turn on medium-high heat. Once garlic begins to sizzle, stir frequently, until garlic slices *just* begin to brown. Using a slotted spoon, remove garlic and set aside.
- Add cumin and coriander to the oil in the pot, then pour in vegetable stock and water. Bring to a boil. Once liquid is boiling, stir in couscous, cover pot, and remove from heat. Let sit for 10 minutes.
- Stir in reserved garlic and chopped cilantro, and serve.



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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.

≈7 lbs.	boneless skinless chicken thighs
3 lbs.	carrots
1 bunch	fresh baby spinach
5	yellow onions
3 heads	garlic (or 1 jar minced garlic)
5	lemons
1 bunch	fresh cilantro
3 qts.	chicken stock
2 qts.	vegetable stock
1 jar	pitted green olives (or enough for two cups sliced)
2 - 24 oz. bags	golden couscous
5 - 14.5 oz. cans	petite diced tomatoes
6 - 15.5 oz. cans	chickpeas (garbanzo beans)



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