

Meals from the Heart

Moroccan Chicken

Servings | 40

Ingredients

Spice mix:

2 tsp	cumin
2 tsp	ground ginger
2 tsp	ground black pepper
1 1/2 tsp	ground cinnamon
1 1/2 tsp	ground coriander

6	yellow onions, halved and sliced thin
5	lemons, zested and juiced
≈14 lbs.	boneless skinless chicken thighs
	OR
	pre-cooked chicken
4 lbs.	baby carrots
1/2 cup	extra-virgin olive oil
4 tbsp.	black pepper
1/2 cup	minced garlic
1 1/4 cup	flour
4 quarts	chicken broth
1/2 cup	white sugar
2 large jars	green olives

Directions

- Preheat oven to 450° F.
- Slice onions (cut off tops and bottoms, peel, slice thin with the grain). Set aside.
- Unpackage chicken and divide the chicken and the baby carrots across two full-size, deep hotel pans. Toss each pan with 1/4 cup of olive oil and 2 tbsp. black pepper. Set pans in the oven.
- Combine spices in a small bowl; stir to incorporate.
- Empty green olives into a colander, then mash up a bit with gloved hands, so you have a variety of sizes of olive pieces.
- While chicken begins to cook (or warm) in the oven, prepare the braising liquid:
- Heat a large pot with 1/4 cup cooking oil over high heat. Add sliced onions and cook, adding a little water if the onions begin to scorch. Cook onions until translucent, then stir in garlic—cook for about 30 seconds. Add spice blend and flour; cook, stirring frequently, until fragrant. Add lemon zest, lemon juice, sugar, and chicken broth to pot, scraping the bottom of the pan to release stuck-on bits. Bring to boil.
- As soon as the pot is boiling, divide the contents of the pot across the two pans of chicken and carrots along with the olives. Replace in oven and bake for 30 minutes or until chicken reaches 165°.

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Meals from the Heart

Tomato & Garlic Chickpeas

Servings | 40

Ingredients

1/2 cup	extra-virgin olive oil
1/2 cup	minced garlic
3 tbsp.	tomato paste
8 - 14.5 oz. cans	petite diced tomatoes, drained
8 - 15.5 oz. cans	chickpeas, rinsed and drained
2 lbs.	fresh baby spinach
2 tbsp.	Italian seasoning
1 tbsp.	black pepper
As needed	vegetable broth

Directions

- In a large pot, heat oil over medium-high heat. Add garlic and cook, stirring frequently, for about 30 seconds.
- Add tomato paste and cook for another 30 seconds, stirring frequently.
- Stir in tomatoes, chickpeas, and seasonings. Add vegetable broth until liquid **almost** covers solids in the pot. Bring to a boil, stirring occasionally, then lower to a simmer.
- About ten minutes before serving dinner, stir in the spinach (it will cook down!). Cook until spinach is wilted, stirring occasionally.
- Season with salt and pepper to taste, and serve.



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Couscous

Servings | 45

Ingredients

3/4 cup	extra-virgin olive oil
3/4 cup	minced garlic
3 tbp.	ground coriander
17 cups	water, salted with 4 tbsp. salt
15 cups	dry *golden* (not pearl) couscous
1 bunch	fresh parsley, washed and chopped (cut off main stems; some small stems are fine)

Directions

- Add garlic and olive oil to a large pot on medium-high heat. Once garlic begins to sizzle, add coriander and cook, stirring frequently, until garlic begins to brown and coriander is fragrant.
- Pour water into pot and bring to a boil. Once water is boiling, stir in couscous, cover pot, and remove from heat. Let sit for 10 minutes.
- Stir in chopped parsley and serve.

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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.

≈14 lbs.	boneless skinless chicken thighs OR pre-cooked chicken*
4 lbs.	baby carrots
6	yellow onions
1 large jar	minced garlic
5	lemons
1 bunch	fresh parsley
2 - 16 oz. tubs	fresh baby spinach
4 qts.	chicken broth
2 jars	pitted green olives
8 cans (14.5 oz.)	petite diced tomatoes
8 cans (15.5 oz.)	chickpeas
3 packages (24 oz.)	*golden* (not pearl) couscous

*If you are shopping at Costco,
scan this QR code to see a great
pre-cooked chicken option—4
packages for this recipe!



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