

Meals from the Heart

Beef Chili

Servings | 30

Ingredients

4 tbsp.	olive or vegetable oil
6 lbs.	lean ground beef
4	medium yellow onions, diced
1/2 cup	chili powder
4 tbsp.	garlic powder
1 tbsp.	salt
1 tbsp.	pepper
1/4 cup	cumin
4 cups	vegetable broth
4	green bell peppers, diced
6 - 15.5 oz. cans	red kidney beans, drained and rinsed
5 - 14.5 oz. cans	diced tomatoes, drained

Suggested toppings:

- green onions
- cheddar cheese
- sour cream

Directions

- Add the olive oil to a large soup pot and place it over medium-high heat for two minutes. Add the onion and spices. Cook for 5 minutes, stirring occasionally.
- Add the beef and bell peppers, breaking the beef apart with a wooden spoon. Cook for 6–7 minutes until the beef is browned, stirring occasionally.
- Add the broth, diced tomatoes, and drained beans. Add more broth if chili is too thick.
- Bring the liquid to a low boil. Reduce the heat to gently simmer the chili, uncovered for 20-25 minutes, stirring occasionally to prevent the bottom from burning.
- Add more seasoning as needed, using a different spoon each time to taste.
- Remove the pot from the heat. Let the chili rest for 5-10 minutes before serving.
- Serve any suggested toppings on the side.



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Vegetarian Chili

Servings | 8

Ingredients

2 tbsp.	olive or vegetable oil
1	yellow onion, diced
1 tbsp.	chili powder
2 tbsp.	garlic powder
2 tbsp.	cumin
To taste	salt
To taste	pepper
2	green bell peppers, diced
2	medium carrots, diced
3	celery stalks, diced
3 - 14.5 oz.	diced tomatoes, drained
2 - 15.5 oz. cans	kidney beans; one drained, one with liquid
3 cups	vegetable broth
12 oz.	frozen corn

Directions

- Heat oil in a medium to large soup pot and place it over medium–high heat for two minutes. Add the onion. Cook for 5 minutes, stirring occasionally.
- Add the spices and sauté for one more minute.
- Add the peppers, carrots, and celery and cook for 5 minutes or until they start to soften.
- Add the tomatoes and broth and bring to a simmer. If you need more liquid, add more broth until vegetables are covered by about an inch of liquid. Once it starts to simmer, reduce the heat to medium-low. Keep the chili at a low simmer with the lid off.
- Continue to cook the chili, stirring occasionally for 20 minutes. Add beans and corn and let the chili return to a simmer. Cook for 5 more minutes or until the corn and beans have heated through.
- Serve in the pot or in a steam tray with toppings on the side.



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Meals from the Heart

Cornbread

Servings | 25

Ingredients

Homemade recipe:

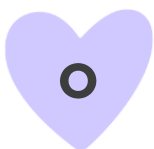
4 cups	yellow cornmeal
4 cups	all-purpose flour
1 cup	granulated sugar
1/3 cup	baking powder
2 tsp.	salt
4 cups	milk
4	eggs
1 cup	vegetable oil

Please feel free to use 2 boxes of cornbread mix if you prefer!

Directions

- Preheat the oven to 425° and coat the inside of several baking dishes or muffin tins.
- In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined.
- In a separate bowl, whisk together the milk, egg, and oil.
- Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.
- Pour the batter in to the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into even pieces and serve.

If using boxed cornbread, please follow the directions on the box.



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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 lbs. lean ground beef

5 yellow onions

6 green bell peppers

2 carrots

1 head celery

12 oz. frozen corn

8 - 15.5 oz. kidney beans
cans

9 - 14.5 oz. diced tomatoes
cans

2 quarts vegetable broth

If doing homemade cornbread:

4 cups, or 1 - 40 oz. box yellow cornmeal

1 quart milk

If doing boxed cornbread:

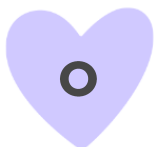
2 boxes cornbread mix

Suggested Chili Toppings:

Cheddar Cheese

Green Onions

Sour cream



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