

Meals from the Heart

Sesame-Soy Ground Beef

Servings | 25

Ingredients

10 lbs.	ground beef
1 head	garlic cloves, peeled and pressed
2 oz.	ginger, peeled and grated
4 1/4 cups	soy sauce
4 1/4 cups	orange juice
4 cups	brown sugar
1/2 cup	toasted sesame oil
1/2 cup	cornstarch

Directions

- Add ground beef to large pot and cook over medium-high heat, stirring often to break beef into small pieces as it cooks.
- Once beef has fully browned, drain grease into a heat-proof container and set aside.
- Return beef to large pot, and stir in garlic.
- In a large Cambro container, combine soy sauce, orange juice, brown sugar, sesame oil, ginger, and cornstarch. Stir well until sugar and cornstarch are dissolved. Pour 2 1/2 cups of sauce into a separate container and set aside for tofu.
- Pour sauce over beef and put the burner on high. Stirring frequently, bring the beef mixture to a boil, then reduce to medium heat. Cook, still stirring, for about 5 minutes, or until sauce has thickened.
- Pour beef mixture into metal half pan, and set in steam table for service.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Sesame-Soy Tofu

Servings | 15

Ingredients

- | | |
|------------|--|
| 2 lbs. | extra-firm tofu, pressed and cut into 1" cubes |
| 8 cloves | garlic, peeled & sliced thin |
| | vegetable oil (or other neutral cooking oil) |
| 2 1/2 cups | reserved sauce from beef recipe |

Directions

- To press tofu: Remove tofu from packaging. On a cutting board, layer four paper towels beneath the tofu block and four on top. Top with another cutting board then set a medium pot on top of everything—this will press excess moisture out of the tofu. Set aside for at least 30 minutes.
- While tofu is being pressed, peel garlic and cut cross-wise into thin slices.
- After 30 minutes, cut tofu into 1" cubes (or any bite-sized shape).
- Heat 3 tbsp oil in a large non-stick skillet over high heat until oil is shimmering (to test if it is ready, dip a cube of tofu in the oil—if it sputters, it's ready!). Fill the skillet (without overcrowding) with tofu, moving it around at first to make sure it doesn't stick. Sauté until tofu is golden brown, then set aside in a small crock. Repeat until all tofu is browned.
- When the last batch of tofu is about to be finished, add in garlic slices and cook until browned. Add in the reserved 2 1/2 cups of sauce, and cook until sauce has thickened.
- Pour sauce and tofu over the cubes in the crock; serve.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Roasted Broccoli & Rice

Servings | 30

Ingredients

10	large heads broccoli
1/2 cup	vegetable oil (or other neutral cooking oil)
3 tbsp.	salt
2 tbsp.	pepper

For the rice:

10 cups	long-grain white rice
16 cups	water

Directions

- Preheat one oven to 425° F, and the other to 400° F.
 - Cut broccoli into bite-sized florets; peel stalks and slice cross-wise.
 - In a large bowl, toss cut broccoli with oil, salt, and pepper.
 - Arrange prepared broccoli on two large baking sheet trays lined with parchment paper. Place in the oven and cook, rotating halfway through, for 20 minutes, or until florets are beginning to char.
 - Put cooked broccoli into a metal half-pan and set in steam table for service.
-
- Measure water into a medium pot, cover, and bring to a full rolling boil.
 - Add the 10 cups of dry rice to a deep full-size hotel pan. When the water is at a full boil, pour it into the dry rice, cover with foil, and set into preheated 400° oven. Bake for 50 minutes.



**Ronald
McDonald
House®**

Oregon

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.

10 lbs.	ground beef
1 - 52 oz. bottle	orange juice
1 - 2 lb. package	brown sugar
≈ 2 oz.	fresh ginger
2 heads	garlic
1 - 8 oz. bottle	toasted sesame oil
1 - 1.2 liter bottle	tamari (GF soy sauce)
2 packages	extra-firm tofu
10 large heads	fresh broccoli
1 - 5 lb. bag	long grain white rice



**Ronald
McDonald
House®**
Oregon