

Meals from the Heart

Thai Chicken Curry

Servings | 30

Ingredients

≈8 lbs.	boneless skinless chicken thighs
1 cup	Thai red curry paste (reserve 2 1/2 tbsp. for veg. recipe)
3 tbsp.	ground ginger
1/2 cup	olive oil
3 oz.	fresh Thai or regular basil, chopped
1 cup	fresh cilantro, chopped
5 - 13.5 oz. cans	coconut milk
3/4 cup	soy sauce
4	chicken bouillon cubes, dissolved into 2 cups of warm water
2 cups	creamy peanut butter
Juice of 2 limes	

Directions

- Reserve 2 1/2 tbsp. curry paste for vegetarian recipe.
- Toss the chicken with 4 oz. curry paste and ground ginger. Let sit at least 5 minutes.
- Heat a large pot over medium-high heat. Add chicken to pot in a single layer, and sear both sides until browned. Remove chicken, set aside in a deep hotel pan, and add another batch. Repeat until all of the chicken is browned, adding water as needed to prevent scorching.
- When the last of the chicken is browned, take the pot off heat. Tear each thigh into about 3 pieces, then put it all back into the pot, along with the rest of the curry paste, the basil, ground ginger, and the cilantro.
- Reduce heat to low, then add coconut milk, soy sauce, and the 2 cups of water and bouillon. Partially cover and simmer for about 20 minutes, until the chicken is cooked through. Add the peanut butter and the lime juice, and simmer all until thickened.



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Thai Vegetarian Curry & Rice

Servings | 8

Ingredients

2 tbsp.	vegetable oil
1	large onion, diced
5 cloves	garlic, minced
1 - 15.5 oz. can	garbanzo beans, drained and rinsed
1 tbsp.	ground ginger
2 1/2 tbsp.	red curry paste
12 oz.	frozen sliced carrots
12 oz.	frozen broccoli & cauliflower florets
1 - 13.5 oz.	full fat coconut milk
1 1/2 cups	vegetable broth
2 tsp.	rice vinegar
2 tbsp.	soy sauce

For the rice:

10 cups	long grain white rice
16 cups	water

Directions

- Heat oil in a large pot over medium-high heat. Add onions and garlic and cook, stirring frequently, until onions are translucent.
- Add ground ginger, red curry paste, and garbanzo beans and cook, stirring occasionally, for 1 minute.
- Add frozen vegetables, coconut milk, and vegetable broth, and bring to a simmer.
- Stir in vinegar and soy sauce, and simmer for 3-5 minutes.
- Serve.

Rice preparation:

- Preheat oven to 400° F.
- Bring 16 cups of water to boil.
- Measure 10 cups of rice into a deep full-size hotel pan. Once the water is at a full rolling boil, pour into the dry rice, cover the pan with foil, then bake at 400 for 50 minutes.
- Remove from oven, fluff, and serve.



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Cranberry Spinach Salad

Servings | 15

Ingredients

16 oz.	fresh baby spinach
1 1/2 cups	dried cranberries
1/2 cup	rice vinegar
1/4 cup	white sugar
1 cup	olive oil
2 tbsp.	toasted sesame seeds

Directions

- If the sesame seeds are untoasted, set a dry pan over medium heat and add seeds, moving frequently, until fragrant and just beginning to brown.
- For the dressing, whisk together rice vinegar, sugar, and sesame seeds in a separate container, then slowly whisk olive oil in to emulsify.
- Put dry spinach into a large bowl, top with cranberries and set dressing out on the side.



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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.

≈8 lbs.	boneless skinless chicken thighs	1 - 15.5 oz. can	garbanzo beans
8 oz.	red curry paste (Thai Kitchen brand, or other vegetarian variety)	12 oz.	frozen sliced carrots
1	yellow onion	12 oz.	frozen broccoli & cauliflower florets
1 head	garlic	1 qt.	vegetable broth
2	limes	1 - 12 oz. bottle	unseasoned rice vinegar
1 bunch	fresh cilantro	16 oz.	fresh baby spinach
6 - 13.5 oz. cans	coconut milk	6 oz.	dried cranberries
1 - 10 oz. bottle	soy sauce	1 - 3.75 oz. container	toasted sesame seeds
1 - 16 oz. jar	creamy peanut butter	1 small package	chicken bouillon cubes
1 - 3 oz. package.	fresh basil (Thai basil if possible, but regular is fine)	4 lbs.	long grain white rice



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