

Meals from the Heart

Cuban Beef Picadillo

Servings | 30

Ingredients

1/2 cup	olive oil
3	medium yellow onions, diced
2	red bell peppers, cored and seeded, diced
4 tbsp.	tomato paste
1 head	garlic, pressed
2 1/2 tbsp.	ground cumin
2 1/2 tbsp.	Italian seasoning
4	bay leaves
2 cups	chicken broth
6 lbs.	ground beef
5 - 14.5 oz. cans	diced tomatoes
1/2 cup	Worcestershire sauce
1 cup	raisins
2 cups	green olives, sliced, + 1/2 cup brine
1/2 cup	capers
4	gold potatoes, peeled and cubed

Directions

- In a large pot, heat oil until shimmering. Add the onions and peppers to the pot and cook, stirring occasionally, until vegetables are softened, about 6 minutes.
- Add tomato paste, garlic, cumin, Italian seasoning, and 2 tbsp of salt and black pepper. Cook until fragrant and tomato paste begins to darken. Add chicken broth and bay leaves and cook down until about half the liquid is gone.
- Add the ground beef and cook, stirring to break the meat up, until browned; about 6-7 minutes. Stir in tomatoes, Worcestershire sauce, raisins, olives, capers, brine, and potatoes. Bring to a simmer; cover and continue simmering over medium-low heat until potatoes are tender, about 15 minutes.
- Remove cover, try to fish out bay leaves, season to taste, and serve.



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Meals from the Heart

Black Beans

Servings | 25

Ingredients

3	yellow onions, diced
2	jalapeño peppers, seeds removed, diced
1 head	garlic, pressed
2 1/2 tbsp.	ground cumin
4 tbsp.	chili powder
2 tbsp.	ground coriander
2 tbsp.	Italian seasoning
6 - 15 oz. cans	black beans, with liquid

Directions

- In a large pot, heat 3 tbsp of vegetable oil over medium-high heat until shimmering. Add onions, garlic, and peppers and cook until vegetables begin to soften and onions are translucent.
- Add spices and cook, stirring frequently to avoid scorching, until fragrant. Add the cans of black beans with their liquid and bring to a simmer. Simmer for about five minutes to let the flavors incorporate.
- Using a potato masher, mash the beans *just a little*—you don't want a puree, just a creamier texture to the beans while having most retain their shape.
- Season with salt and pepper to taste; serve.



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Meals from the Heart

Seasoned Rice & Corn

Servings | 25

Ingredients

10 cups (dry)	long grain white rice
16 cups	water
24 oz.	frozen corn
1 tbsp.	salt
1 tbsp.	ground coriander
2 tbsp.	paprika

Directions

- Preheat one oven to 400°F.
- Add 16 cups of water and the frozen corn to a large pot, cover, and bring to a full rolling boil.
- Meanwhile, grease a deep full-size hotel pan with pan spray, then add the 10 cups dry rice, along with the seasonings.
- Once the water comes to a full boil, pour over the dry rice and seasonings. Stir, then cover pan with foil and place in the preheated oven for 50 minutes.
- Remove from oven, let sit 10 minutes, fluff, and serve!



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Meals from the Heart

Shopping List

Servings |

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	medium yellow onions
2	red bell peppers
2	jalapeño peppers
2 heads	garlic
4 ea	medium to large gold potatoes
1 quart	chicken broth
6 lbs.	lean ground beef
5 - 14.5 oz. cans	diced tomatoes
1 - 10 oz. bottle	Worcestershire sauce
6 - 15 oz. cans	black beans
1 - 8 oz. can	tomato paste
1 - 5.75 oz. jar	pimiento-stuffed olives (or plain pit-
1 - 10 oz. package	raisins (or enough for 1 cup)
1 - 3.5 oz. jar	non-pareil capers
4 lbs.	long grain white rice
24 oz.	frozen corn



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