

Meals from the Heart

Cuban Beef Picadillo

Servings | 45

Ingredients

1/2 cup	olive oil
6	medium yellow onions, diced
4	red bell peppers, diced
8 tbsp.	tomato paste
1/4 cup	minced garlic
5 tbsp.	ground cumin
5 tbsp.	Italian seasoning
2 quarts	chicken broth, divided
6	bay leaves
10 lbs.	ground beef
8 - 14.5 oz.	diced tomatoes; 4 cans drained, 4 w/ liquid
1 cup	Worcestershire sauce
2 cups	raisins
4 cups	pimento stuffed olives - *save 1/2 cup of brine*
2 jars	capers, drained
8	gold potatoes, cubed
	vegetable broth; as needed

Directions

- Split the oil across two large pans and heat on medium-high until oil is hot. Split the onions and peppers across the two pots and cook, stirring occasionally, until vegetables are softened; about 10 minutes.
- Add the tomato paste, garlic, cumin, Italian seasoning, along with 2 tbsp of salt and black pepper. Cook until fragrant and tomato paste begins to darken. Add 1 quart of chicken broth and 3 bay leaves to each pot and cook down until about half the liquid is gone.
- Split the ground beef across the two pots and cook, stirring frequently to break the meat up, until browned; about 15 minutes. Stir in tomatoes, Worcestershire sauce, raisins, olives, reserved brine, capers, and potatoes. Add vegetable broth to each pot until solids are covered. On high heat, bring to a simmer. Turn heat to low, cover, and continue simmering over medium-low heat until potatoes are tender, about 20 minutes.
- Remove cover, try to fish out bay leaves, season to taste, and serve.



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Meals from the Heart

Seasoned Rice w/ Corn

Servings | 40

Ingredients

14 cups (dry)	long grain white rice
21 cups	water
24 oz.	frozen corn
3 tbsp.	salt
1 1/2 tbsp.	ground coriander
2 tbsp.	paprika

Directions

- Preheat oven to 400°F.
- Add 21 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 14 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

Black Beans

Servings | 40

Ingredients

6	yellow onions, diced
3	jalapeño peppers, seeds removed, diced
1/2 cup	minced garlic
6 tbsp.	ground cumin
1/2 cup	chili powder
1/4 cup	ground coriander
1/4 cup	Italian seasoning
12 - 15 oz. cans	black beans, with all but 4 cans drained

Directions

- In a large pot, heat 1/4 cup of vegetable oil over medium-high heat until shimmering. Add onions, peppers, and garlic 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 (4 cans undrained) and bring to a simmer. Turn heat to low and simmer for at least 15 minutes, stirring frequently.
- 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

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.

12	medium yellow onions
4	red bell peppers
3	jalapeño peppers
3 heads	fresh garlic (or at least 8 oz. pre-minced)
8	gold potatoes
2 quarts	chicken broth
about 10 lbs.	lean ground beef
8 - 14.5 oz. cans	diced tomatoes
1 - 10 oz. bottle	Worcestershire sauce
12 - 15 oz. cans	black beans
2 - 10 oz. package	raisins (or enough for 2 cups)
2 - 3.5 oz. jars	non-pareil capers
2 large jars	pimento-stuffed green olives
5 lbs.	long grain white rice
24 oz.	frozen corn
4	large Caesar salad kits



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