

Meals from the Heart

Butter Chicken

Servings | 25

Ingredients

8 lbs.	boneless skinless chicken breast, cubed
7 1/2 tsp.	chili powder, divided
2 tsp	turmeric
1 1/2 cups	butter
4	medium yellow onions, diced
1 1/2 tbsp.	garam masala
1 1/2 tbsp.	cumin
4 tbsp.	grated ginger
12 cloves	garlic, minced or pressed
4 sticks	cinnamon
4 - 15 oz. cans	tomato sauce
32 oz.	water
8 oz.	heavy cream (or coconut milk)
1 bunch	cilantro, chopped (to be served on the side)

Directions

- In a large bowl, liberally season the chicken breast with salt, pepper, 4 tsp. of chili powder, and 1 tsp. of turmeric. Let sit for 15 minutes to marinate.
- Melt 1/2 cup of butter in the largest pot over medium heat. Brown the chicken, then remove from the pot.
- Melt another 1/2 cup of butter in the pot, add the onion, garam masala, remaining chili powder, cumin, ginger, garlic, cinnamon, salt and pepper. Cook until fragrant.
- Add the tomato sauce and bring to a simmer.
- Add the water and cream and return to a simmer.
- Return the chicken to the pot, cover and simmer for another 10–15 minutes.
- Stir in the last 1/2 cup of butter and season with more salt and pepper to taste.
- Serve the chicken and rice separately in steam trays.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Red Lentil Curry & Rice

Servings | 10

Ingredients

1 cup	red lentils
1	medium yellow onion, diced
1 tbsp.	vegetable oil
1 tbsp.	red curry paste (vegetarian)
1 tbsp.	curry powder
1 tsp.	turmeric
1 tsp.	cumin
1 tsp.	chili powder
1 tsp.	salt
4 cloves	garlic, minced or pressed
1 tsp.	granulated sugar
1 tsp.	fresh ginger, minced
2 - 8 oz. cans	tomato sauce
<u>For the rice:</u>	
10 cups	long grain white rice
16 cups	water

Directions

- Wash the lentils in cold water until the water runs clear. Put lentils in a pot with enough water to cover; bring to a boil, place the cover on the pot, reduce heat to medium-low, and simmer, adding water during cooking as needed to keep covered until tender, 15 to 20 minutes.
- Heat vegetable oil in a large skillet over medium heat. Add onions and cook, stirring frequently, until caramelized, about 20 minutes.
- Mix curry paste, curry powder, turmeric, cumin, chili powder, salt, sugar, garlic, and ginger together in a large bowl; stir into the onions.
- Increase heat to high and cook, stirring constantly until fragrant, 1 to 2 minutes.
- Stir in the tomato sauce, remove from heat, and stir into lentils.

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.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Cucumber Salad

Servings | 30

Ingredients

8	cucumbers
2	red onion, diced
10	tomatoes
1 1/4 cups	lime juice
1 cup	olive oil
3 tsp.	cumin
A pinch	chili powder
1 1/3 cups	roasted peanuts, chopped (to serve on the side)

Directions

- Peel the cucumbers then cut them into small slices.
- Put the cucumber slices in a bowl and add onion, tomatoes, lime juice, and vegetable oil.
- Sprinkle in the ground spices and season well. Toss together.
- Serve the peanuts on the side.



**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.

8 lbs.	boneless, skinless chicken breast (or thighs)	1 bunch	cilantro
1 - 1 oz. container	cinnamon sticks	4 lbs.	long grain white rice
4 - 15 oz. cans & 2 - 8 oz. cans	tomato sauce	5	medium yellow onions
1 pint	heavy cream (or 1 can coconut milk)	≈3 oz.	fresh ginger
1 - 16 oz. package (or enough for 1 cup)	red lentils	1 head	garlic
1 - 8 oz. bottle	vegetarian red curry paste (e.g., Thai Kitchen brand)	8	cucumbers
		2	red onion
		10	medium-sized tomatoes (e.g., Roma)
		1 bottle (enough for 10 oz.)	lime juice
		16 oz.	roasted peanuts



**Ronald
McDonald
House®**
Oregon