

Meals from the Heart

Rice & Butter Chicken

Servings | 45

Ingredients

10 cups	long-grain rice
≈12 lbs.	boneless, skinless chicken thighs; sliced
	OR
≈9 lbs.	pre-cooked chicken
2 tbsp.	kosher salt
1 1/2 tbsp.	ground black pepper
3 tsp.	turmeric
3 cups	unsalted butter, divided
6 ea	yellow onions, diced
4 oz.	ginger paste
1/4 cup	minced garlic
3 tbsp.	garam masala
3 tbsp.	ground cumin
2 tsp.	ground cinnamon
3 lbs.	gold potatoes, diced
4 - 28 oz. cans	tomato sauce
As needed	vegetable stock
1 pint	heavy cream

Directions

- Preheat one oven to 400° F. In a covered pot, bring 16 cups of water to boil. Measure 10 cups of dry rice into a deep, full-size hotel pan. When oven is preheated and water is at a full rolling boil, pour water into the rice, cover the pan with foil, then place in the oven for 50 minutes.
- Meanwhile, prepare the chicken. **If using raw**, slice all chicken thighs. **If using pre-cooked**, break chicken apart into bite-size pieces (no need to be too small). With either chicken option, set prepared chicken in a full-size hotel pan then season with salt, pepper, and turmeric. Set aside.
- Dice onions and potatoes (no need to peel potatoes), setting each aside in their own large bowl. Combine garam masala, cumin, cinnamon in a small bowl.
- **You will use two large pots to prepare the butter chicken.** On high heat, melt 1 cup of butter in each pot, then split diced onion across both. Cook until translucent; about 10 minutes. Split garlic and ginger across both pots and cook for 1 more minute.
- Split the spice mix across both pots and cook, stirring frequently, for 2 minutes.
- Split the potatoes, chicken, and tomato sauce across both pots, stirring well to release any stuck-on bits at the bottom. Add vegetable stock if needed to cover. Cover pots and bring to a boil, stirring occasionally. Reduce heat to medium-low and simmer until service, stirring occasionally.
- 10 minutes before serving, stir in the remaining 1 cup of butter, then the cream, then season with more salt and pepper to taste. Serve!



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Lentil Curry

Servings | 15

Ingredients

3 tbsp.	cooking oil
2	yellow onions, diced
2 tbsp.	minced garlic
3 tbsp.	curry paste
3 tbsp.	curry powder
1 tbsp.	turmeric
1 tbsp.	cumin
1 tbsp.	chili powder
1 tbsp.	kosher salt
1 tbsp.	ginger powder
2 lbs.	dry green lentils
2 lbs.	gold potatoes, diced
2 - 28 oz. cans	tomato sauce
1 tbsp.	sugar
7 cups	water; more as needed

Directions

- Wash the lentils in cold water until the water runs clear. Set aside.
- Dice the onions and set aside. Combine the curry powder, turmeric, cumin, chili powder, salt, and ginger powder in a small bowl.
- In a medium saucepan over high heat, add oil and diced onions and cook, stirring frequently, until onions are translucent; about 8 minutes. Stir in the garlic and cook for another minute.
- Add the curry paste and spice mix to the pan and cook, stirring frequently, for 2 minutes.
- Add dry lentils, diced potatoes, tomato sauce, and sugar, stirring well to release any stuck-on bits from the bottom.
- Stir in water to combine, then cover the pan and bring to a boil, stirring occasionally.
- When the pan reaches a boil, reduce heat to low and simmer until lentils and potatoes are tender; about 30 minutes. Add water as necessary to keep curry from drying out.
- Once the potatoes and lentils are tender, salt to taste, then hold until service.



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Cucumber Salad

Servings | 40

Ingredients

10	English cucumbers
1	red onion, minced
12 ea	tomatoes (Roma preferred)
1 3/4 cups	lime juice
1 1/2 cups	extra-virgin olive oil
2 tbsp.	ground cumin
2 tsp.	mild chili powder
3 tbsp.	kosher salt
2 tbsp.	ground black pepper

Directions

- Prepare the cucumbers. Rinse them well, then cut off the ends. Cut each cucumber in half lengthwise, then in half lengthwise once more so that you have four long pieces from each cucumber. Cut across these long pieces so that you have about 1/2" wedges.
- Prepare the tomatoes. Rinse them well. Cut the stem end off. Then, like the cucumbers, cut in half lengthwise, then again to quarter. Cut across for similar size pieces to the cucumbers.
- In a full-size hotel pan, combine the prepared cucumbers, tomatoes, and red onions along with the lime juice, olive oil, and seasonings.
- Toss well. The longer this salad sits before serving the better. Stir every once in a while to re-coat, then transfer to a large serving bowl for service.



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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 lbs. boneless, skinless chicken thighs

OR

≈9 lbs. cooked chicken

1 jar vegetarian mild curry paste (like Patak's Mild Curry Spice Paste)

6 - 29 oz. cans tomato sauce

5 lbs. long-grain white rice

2 lbs. green lentils

1 - 15 oz. bottle lime juice

1 pint heavy cream

1 - 8 oz. jar minced garlic

1 - 4 oz. tube ginger paste

8 ea medium yellow onions

1 ea medium red onion

10 ea English cucumbers

12 ea fresh tomatoes (Roma preferred)

5 lbs. gold potatoes

*If you are shopping at Costco, scan this QR code to see a great pre-cooked chicken option—3 packages for this recipe!



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