

Meals from the Heart

Cottage Pie

Servings | 40

Ingredients

15 lbs.	gold potatoes, quartered
2 cups	vegetable broth
1 1/2 cups	extra-virgin olive oil
10 lbs.	lean ground beef
3 ea	medium yellow onions, diced
1/4 cup	minced garlic
3 lbs.	frozen peas and carrots
1/4 cup	tomato paste
1 tbsp.	onion powder
1 tbsp.	garlic powder
3 tsp.	kosher salt
3 tsp.	ground black pepper
1/2 cup	Worcestershire sauce
1 cup	ketchup
3 cups	beef broth
6 tbsp.	corn starch slurry

Directions

- Preheat two ovens to 375° F.
- Split the cut potatoes across two large pots and cover with 1 inch of salted water. Bring pots to a boil and cook until potatoes are fork tender. Drain potatoes, then combine in a large bowl. Mash with a potato masher, adding a little vegetable broth at a time, until potatoes are smooth, then stir in the olive oil. Set aside (you will use these for both meat and vegetarian pies).
- While the potatoes are cooking, split the ground beef across two large pots on medium-high heat and cook, stirring frequently to break up the meat, until meat is browned. Using a large colander set over a hotel pan in the sink, drain the beef, then set aside.
- In one of the pots used to cook the meat, add 1/4 cup of canola oil and diced onions. Over high heat, cook onions, stirring frequently, until softened.
- Add minced garlic, peas, and carrots and cook for another 5 minutes.
- Stir in tomato paste and spices and cook until mixture is beginning to stick to the bottom of the pot.
- Add Worcestershire sauce, ketchup, and beef broth; bring to a boil.
- In a small cup or bowl, stir together 3 tbsp. corn starch and 3 tbsp. cold water. When pot has come to a boil, add the slurry and stir until mixture has thickened. Add more slurry if needed, but do not overboil as this may thin the gravy.
- Once gravy has thickened, remove pot from heat and stir in the beef. Pour mixture out into a full-size deep hotel pan. Spoon half the mashed potatoes over the top, spreading as you can to cover.
- Bake for 20 minutes, then broil for 2 minutes.
- Serve!



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Lentil Cottage Pie

Servings | 15

Ingredients

2 lbs.	dry lentils
2 qts. + 3 cups	vegetable broth, divided
3 ea	medium yellow onions, diced
1/4 cup	minced garlic
3 lbs.	frozen peas and carrots
1/2 cup	tomato paste
1 1/2 tbsp.	onion powder
1 1/2 tbsp.	garlic powder
3 tsp.	ground cumin
3 tsp.	kosher salt
3 tsp.	ground black pepper
3/4 cup	Worcestershire sauce
1 cup	ketchup
6 tbsp.	corn starch slurry

Directions

- Prepare the mashed potatoes as directed in the Cottage Pie recipe.
- In a medium-sized pot, add lentils and 2 quarts vegetable broth; bring to a boil. Lower heat and simmer until lentils are tender; about 30 minutes. Drain excess liquid and set lentils aside.
- While lentils cook, add 1/4 cup of canola oil and diced onions to a large pot. Over high heat, cook onions, stirring frequently, until softened.
- Add minced garlic, peas, and carrots and cook for another 5 minutes.
- Stir in tomato paste and spices and cook until mixture is beginning to stick to the bottom of the pot.
- Add Worcestershire sauce, ketchup, and 3 cups vegetable broth; bring to a boil.
- In a small cup or bowl, stir together 3 tbsp. corn starch and 3 tbsp. cold water. When pot has come to a boil, add the slurry and stir until mixture has thickened. Add more slurry if needed, but do not overboil as this may thin the gravy.
- Once gravy has thickened, remove pot from heat and stir in the lentils. Pour mixture out into a full-size deep hotel pan. Spoon half the mashed potatoes over the top, spreading as you can to cover.
- Bake for 20 minutes, then broil for 2 minutes.
- Serve!



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Basic Mixed Green Salad

Servings | 40

Ingredients

1 tub	spring mix
2 pints	cherry tomatoes, halved
2	cucumbers, sliced
2 bottles	salad dressing of choice

Directions

- Wash lettuce. Cut or tear lettuce into bite-size pieces.
- Add tomatoes to lettuce
- Peel and cut cucumbers and add to salad
- Serve the dressing on the side.



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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.

15 lbs.	gold potatoes	2 large tubs	spring mix (or other salad greens)
6	medium yellow onions		
1 small jar	minced garlic	2	English cucumbers
6 lbs.	frozen peas and carrots	5	medium tomatoes
10 lbs.	lean ground beef	1 bottle	salad dressing (we always have ranch, so vinaigrette is always a good bet!)
2 lbs.	dry lentils		
1 bottle (at least 10 oz.)	vegan Worcestershire sauce		
1 bottle	ketchup		
3 quarts	vegetable broth		
1 quart	beef broth		



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