

Meals from the Heart

Chicken and Vegetarian Tomato Stew

Servings | 30

Ingredients

7 lbs.	boneless skinless chicken breast, cubed
3	eggplants, cut into 1-inch pieces
6	zucchini
2	onions
4 - 14.5 oz. cans	diced tomatoes
6 - 15 oz. cans	crushed tomatoes
1 cup	olive oil, divided
2 tbsp.	salt
1 tbsp.	pepper
6 cloves	garlic
1/2 cup	fresh parsley, chopped
4 tbsp.	Italian seasoning
2 cups	vegetable broth
1 - 15.5 oz. cans	chickpeas, drained and rinsed (for vegetarian version)

Directions

- Start by heating up oil in a large saucepan. Add chicken, season with salt and pepper and cook until no longer pink.
- Add 3 1/2 Tbsp of Italian seasoning to the chicken and cook for 2 more minutes. Remove the chicken onto a plate and set aside.
- Wash out the pan and add more oil. Add the garlic and onion and sauté until the onion is almost translucent.
- Add zucchini and eggplant. Season with the rest of the Italian seasoning, salt, and pepper. Cook until tender.
- Add the crushed and diced tomatoes and veggie broth, stir well. Take about 1/6 of the stew and put into a small pot (this is the vegetarian version).
- Add the chicken to the large pot and the can of chickpeas to the vegetarian pot. Simmer for 5 to 10 minutes. Season with salt and pepper to taste.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Cornbread

Servings | 25

Ingredients

Homemade recipe:

4 cups	yellow cornmeal
4 cups	all-purpose flour
1 cup	granulated sugar
1/3 cup	baking powder
2 tsp.	salt
4 cups	milk
4	eggs
1 cup	vegetable oil

Please feel free to use 2 boxes of cornbread mix if you prefer!

Directions

- Preheat the oven to 425° and pan spray the inside of several baking dishes or muffin tins.
- In a large bowl, stir together the cornmeal, flour, sugar, baking powder, and salt until evenly combined.
- In a separate bowl, whisk together the milk, egg, and oil.
- Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until everything is moist. Avoid over stirring. It's okay if there are a few lumps.
- Pour the batter in to the prepared dish and bake for about 20 minutes, or until the top and edges are golden brown. Cut into even pieces and serve.

If using boxed cornbread, please follow the directions on the box.



**Ronald
McDonald
House®**
Oregon

Meals from the Heart

Salad

Servings | 30

Ingredients

1/2 cup	balsamic vinegar
1 cup	olive oil
To taste	salt
To taste	black pepper
3 heads	Green leaf, red leaf lettuce, or one large salad mix container
2	apples
1 cup	sliced almonds or crushed walnuts (serve on the side)
1	red onion, thinly sliced
2 cups	shredded Swiss cheese

Directions

- In a large bowl, add the vinegar, oil, salt, and pepper, whisking to combine.
- In a large salad bowl, add greens and toss the dressing to coat. Taste, and adjust seasoning as needed.
- Add fruit, cheese and onion, tossing again to combine.
- Serve the nuts in a bowl on the side.
- Serve in a large bowl with salad tongs.



**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.

7 lbs.	boneless skinless chicken breast	If making own cornbread:	
3	eggplants	4 cups	Yellow cornmeal
6	zucchini	4 cups	Milk
2	onions	If not making own cornbread:	
1 head	garlic		
1	red onions	1–2 boxes (enough for 25)	Box mix of cornbread
1 bunch	fresh parsley	3 heads	Green leaf, red leaf lettuce (or 2 large containers salad mix)
6 - 15 oz. cans	crushed tomatoes	2	Apples
4 - 14.5 oz. cans	diced tomatoes	10 oz.	Sliced almonds or crushed walnuts
1 quart	vegetable broth	2 cups (≈8 oz.) shredded Swiss cheese	
1 - 15.5 oz. can	chickpeas		



**Ronald
McDonald
House®**
Oregon