

Meals from the Heart

Chicken & Vegetarian Tomato Stew

Servings | 45

Ingredients

14 lbs.	chicken breast
5	eggplants, cut into 1" pieces
12	zucchini
4	yellow onions
5 - 32 oz. cans	diced tomatoes
5 - 32 oz. cans	crushed tomatoes
2 cups	extra-virgin olive oil, divided
3 tbsp.	kosher salt
2 tbsp.	black pepper
10 cloves	garlic
1 cup	fresh parsley, chopped
1 cup	Italian seasoning, divided
1 quart	vegetable broth
1 - 24 oz. can	chickpeas, drained and rinsed

Directions

- Chicken: Preheat oven to 400° F. In two large sauté pans on medium heat, add 1/4 cup oil and brown the chicken on each side, adding salt and pepper. Place the browned chicken into two full-size, deep hotel pans and add warm stock or water to about 1/2 inch up the pan. Season with half cup of Italian seasoning and cook covered in oven until a food thermometer reads 165 degrees in thickest part of chicken.
- Cut all vegetables. In a large pot, add 1/2 cup olive oil, onion, and garlic and cook over medium high heat until onion is translucent.
- Add zucchini and eggplant. Season with the rest of the Italian seasoning, salt, and pepper. Cook until tender.
- Add the canned tomatoes (diced and crushed), 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.



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Cornbread

Servings | 40

Ingredients

Homemade Recipe

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

4 boxes Please feel free to
use a box mix if you
prefer!

Directions

- Preheat the oven to 425 degrees and coat 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.



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Salad

Servings | 45

Ingredients

1 cup	balsamic vinegar
2 cups	extra-virgin olive oil
6 heads	green leaf, red leaf lettuce
5	apples, thinly sliced
1	red onion, thinly sliced
32 oz.	Swiss cheese
to taste	salt
to taste	black pepper

Directions

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



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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.

6 heads	green or red leaf lettuce	14 lbs.	boneless, skinless chicken breast
1 bunch	fresh parsley	5 - 32 oz cans	diced tomatoes
5	apples	5 - 32 oz cans	crushed tomatoes
4	yellow onions	1 - 24 oz. can	chickpeas
1	small red onion	1 quart	vegetable broth
12	zucchini/yellow squash	3 boxes	cornbread mix
5	eggplants	32 oz.	shredded Swiss cheese
1 head	garlic		



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