

# Meals from the Heart

## Coconut Rice and Beans

Servings | 45

### Ingredients

14 cups	long grain white rice
1 1/2 cups	vegetable oil
2	onions, diced
10 cloves	garlic, minced
3 1/2 tbsp.	creole spice mix
4 - 15.5 oz. cans	red kidney beans, drained and rinsed
1/4 cup	Italian seasoning
3 quarts	vegetable broth
7 - 15.5 oz. cans	coconut milk
2 tbsp.	paprika
8	bay leaves

### Directions

- Preheat oven to 400°.
- Wash rice until water runs clear. Drain water.
- In a large pot on high heat, add oil, onion, and garlic and cook, stirring frequently, until onions soften. Add creole spice and cook for about a minute.
- Stir rice into the pot, followed by beans. Cook for about 2 minutes, stirring frequently, then add Italian seasoning, vegetable broth, coconut milk, paprika, and bay leaves.
- Bring to a boil, stirring frequently to keep rice from sticking to the bottom of the pot. Once the pot is at a full boil, pour the contents into a full size deep hotel pan, cover with foil, and place into the preheated oven.
- Bake for 50 minutes.
- Discard bay leaves (if you can find them!).
- Serve!



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# Meals from the Heart

## Jamaican Chicken Curry

Servings | 45

### Ingredients

1 1/2 cups	canola/vegetable oil
12 lbs.	boneless, skinless chicken thighs
6	medium yellow onions, diced
8	green bell peppers, chopped
4 tbsp.	dried thyme
3/4 cup	curry powder
12	gold potatoes, diced
3 tbsp	salt (add more as needed)
3 tbsp.	black pepper
1/4 cup	garlic powder
3 quarts	chicken broth
1/2 cup	white vinegar

### Directions

- Cut chicken thighs into thirds.
- Set two large pots over high heat (the whole recipe will be split across these). Add oil then the chicken, onions, bell peppers, and dried thyme and cook, stirring frequently, for about 10 minutes.
- Add curry powder and potatoes; cook for another 5 minutes.
- Stir in the remaining ingredients, then cover the pots and bring to a boil. Lower the heat to a simmer and cook, uncovered, for 30 minutes. Add some water or more broth if the curry looks dry (you want the liquid *just* under the level of the chicken and vegetables).
- Serve in the pot with a trivet, with the rice on the side.



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# Meals from the Heart

## Salad

Servings | 40

### Ingredients

#### For Salad:

6 heads	salad greens— romaine, butter lettuce, etc.
4 cups	pineapple, canned or fresh
8 (or 4 cups canned)	mandarin oranges, separated into segments
2 cups	dried cranberries
3 bunches	green onions

#### For Dressing (you can use a similar store bought dressing as well):

1 cup	honey
1 cup	apple cider vinegar
1/2 cup	lime juice
2 1/2 cups	canola oil
1/2 cup	onion, minced fine
2 tbsp.	salt



### Directions

- Wash and cut salad greens.
- In a large bowl, mix the salad greens and all of the toppings.
- To make the dressing, add all of the ingredients to a food processor or blender and pulse until smooth.
- Drizzle dressing over the salad.

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# Meals from the Heart

## Shopping List

Servings | 40

Please use this grocery list to plan for your meal!  
We will supply the following ingredients: oil, flour, butter/margarine, salt, pepper, sugar, baking soda/powder, eggs, vinegar (only apple cider and balsamic) and all of the spices found in your recipe.

6 heads	salad greens, romaine, butter lettuce, etc.	9	medium yellow onions
2 can or 1 fresh	pineapple, canned or fresh	2 heads	garlic
8 or 4 cups canned	Mandarin oranges	1 small container	Creole spice mix
3 bunches	green onions	7 - 15.5 oz. cans	coconut milk
12	gold potatoes	4 - 15.5 oz. cans	red kidney beans
8	green bell pepper	16 oz.	white vinegar
10 oz.	dried cranberries	3 quarts	vegetable broth
	For Dressing (or buy 2 bottles of similar, store bought dressing)	3 quarts	chicken broth
1 - 12 oz. bottle	honey	12 lbs.	boneless, skinless chicken thighs
8 oz.	lime juice	4 lbs.	long grain white rice
1 small bottle	apple cider vinegar		



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