

# Meals from the Heart

## Thai Chicken Curry

Servings | 45

### Ingredients

14 lbs.	boneless skinless chicken thighs
	*or*
	pre-cooked chicken
2 jars minus reserved	Thai red curry paste (reserve 2 1/2 tbsp. for veg. recipe)
3	large yellow onions, diced
1/2 cup	cooking oil
6 tbsp.	ground ginger
10 - 13.5 oz. cans	coconut milk
2 quarts	vegetable stock
3/4 cup	tamari
8	chicken bouillon cubes (gluten-free)
4 cups	creamy peanut butter
2 bunches	fresh Thai or regular basil, stemmed and chopped
1 bunch	fresh cilantro, chopped
3/4 cup	lime juice



### Directions

- Wash hands and put gloves on to handle raw chicken. Cut into strips and place a large hotel pan. If using the pre-cooked chicken, open the packages and place chicken in a large hotel pan. Toss well with the red curry paste and set aside.
- Add 1/4 cup oil each to two large pots over high heat. Split the onions across the two pots; cook until onions are translucent.
- Split the chicken across the two pots and cook, stirring frequently, until curry paste begins to char on the bottom of the pot.
- Splitting the ingredients between the pots, add ground ginger, vegetable stock, tamari, and bouillon cubes. Heat, stirring frequently, until mixture is boiling.
- Lower heat, then add coconut milk and peanut butter, stirring until incorporated. Bring to a simmer.
- Add herbs and lime juice.
- Stir well and simmer until service.

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# Meals from the Heart

## Thai Vegetarian Curry & Rice

Servings | 10

### Ingredients

2 tbsp.	vegetable oil
2	yellow onions, diced
5 cloves	garlic, minced
2 - 15.5 oz. cans	garbanzo beans, drained and rinsed
1 tbsp.	ground ginger
2 1/2 tbsp.	red curry paste
12 oz.	frozen sliced carrots
12 oz.	frozen broccoli & cauliflower florets
1 - 13.5 oz. can	coconut milk
1 quart	vegetable broth
3 tsp.	rice vinegar
1/4 cup	tamari

### Directions

- Preheat oven to 400°.
- Add oil to a large pot on high heat; cook onions and garlic, stirring frequently, until onions are translucent.
- Add ground ginger, red curry paste, and garbanzo beans and cook until fragrant. Add remaining ingredients. Bring to simmer. Taste and adjust spices/salt as necessary.

#### For the rice:

12 cups	long grain white rice, divided
18 cups	water

- Bring measured water to a boil (covered, to speed it up).
- Add measured dry rice to full-size, deep hotel pan.
- When water has come to a full boil, pour it into the pan with the rice. Cover tightly with foil and bake for 50 minutes.
- Fluff rice and set pan in warm steam table.



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# Meals from the Heart

## Cranberry Spinach Salad

Servings | 30

### Ingredients

16 oz.	fresh baby spinach
12 oz	dried cranberries
1/2 cup	rice vinegar
1/4 cup	white sugar
1 cup	olive oil
	toasted sesame seeds

### Directions

- For the dressing, whisk together rice vinegar, sugar, then slowly whisk olive oil in to emulsify.
- Put dry spinach into a large bowl, top with cranberries and sesame seeds, and set dressing out on the side.



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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.

14 lbs.	boneless skinless chicken thighs*
2 8-oz. jars	Thai Kitchen vegetarian red curry paste
5	yellow onions
1 head	garlic
8 oz.	lime juice
1 bunch	fresh cilantro
2 bunches	fresh basil (Thai basil if possible, regular works just fine!)
11 - 13.5 oz. cans	coconut milk
1 - 10 oz. bottle	tamari (gluten-free soy sauce)
2 - 16 oz. jars	creamy peanut butter
2 - 15.5 oz. cans	garbanzo beans
12 oz.	frozen sliced carrots
12 oz.	frozen broccoli & cauliflower florets
1 - 12 oz. bottle	unseasoned rice vinegar
16 oz.	fresh baby spinach
12 oz.	dried cranberries
1 small package	chicken bouillon cubes
5 lbs.	long-grain or Jasmine rice

\*If you are shopping at Costco, scan this QR code to see a great pre-cooked chicken option—4 packages for this recipe!



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