

# Meals from the Heart

## Cottage Pie

Servings | 30

### 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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Oregon & Southwest Washington



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# Meals from the Heart

## Lentil Cottage Pie

Servings | 30

### Ingredients

|             |                                |
|-------------|--------------------------------|
| 2 lbs.      | dry lentils                    |
| 2 qts. +    | vegetable broth, divided       |
| 3 cups      |                                |
| 3 ea        | medium yellow onions,<br>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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# Meals fr♥m the Heart

## Basic Mixed Green Salad

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Servings | 40

### Ingredients

### 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 | 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.

|                            |                            |              |   |
|----------------------------|----------------------------|--------------|---|
| 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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