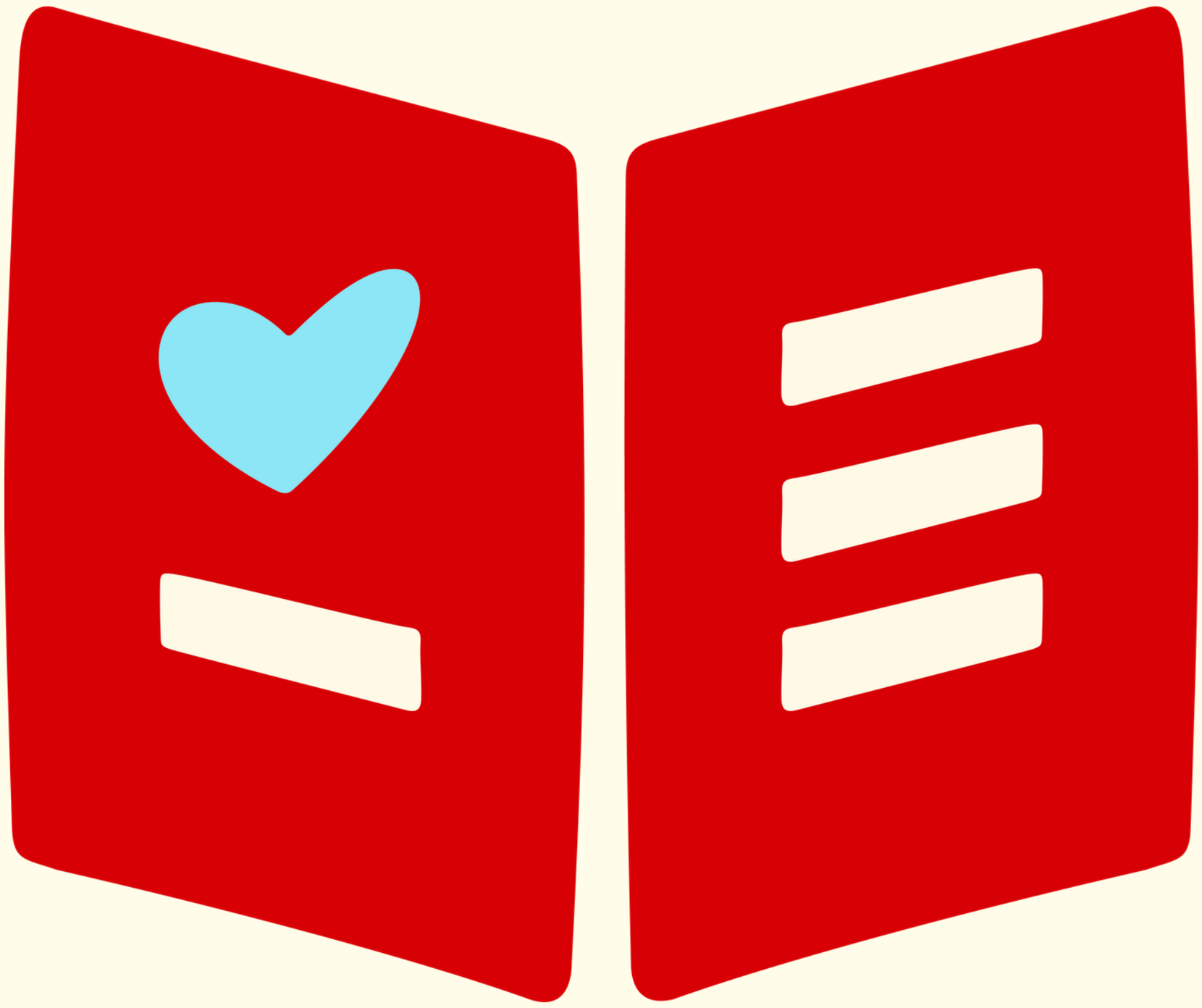
Ronald McDonald House Central Iowa



Recipe Book

Ronald McDonald House®
Central Iowa

Grilled Chicken Roasted Veggies Brown Rice

Servings: 35

Time: 1.5-2 hours

Approximate cost: $125

Ingredients:

- 16lbs chicken breast or thighs
- 1.5 cups olive oil
- 8 cloves of garlic
- 1 cup lemon juice
- 18 cups dry brown rice
- 20lbs mixed veggies (Carrots, zucchini, bell peppers, onions)
- Salt, pepper, paprika, oregano

Directions:

1. Mix olive oil, garlic, lemon juice, and spices. Coat chicken for at least 30 minutes.
2. Rinse rice, then cook in batches (ratio 1 cup rice:2 cups water) Keep warm in covered pans.
3. Chop veggies into chunks and drizzle with oil, salt, and pepper. Roast at 400 degrees for 25-30 minutes until tender.
4. Grill or bake chicken at 400 degrees for about 25-30 minutes.

Chicken and Sausage Jambalaya

Servings: 30

Time: 2 hours

Approximate Cost: $125

Ingredients:

- ½ pound Butter
- ½ pound Flour
- 1 Cup Vegetable Oil
- 10lbs. Boneless Chicken Thighs, diced
- 2 lbs. Andouille Sausage, skin removed
- 2lbs. Kielbasa Sausage, skin removed
- 1 Gallon Warm Water
- 6 Yellow onion, diced
- 4 Green Pepper, diced
- 1 Bunch Celery, diced
- 1 Cup Garlic, minced
- ½ Cup Chicken Base
- ¼ Cup Granulated Garlic
- ¼ Cup Granulated Onion
- 1 Teaspoon Cayenne Pepper
- ¼ Cup Thyme, Dried
- 2 Bunches Green Onions

Directions:

1. Heat butter in saucepan over medium heat.
2. Add flour and whisk until smooth.
3. Cook until mixture begins to turn dark brown. Do not burn. When browned remove from heat.
4. Dice the chicken thighs and season with salt and pepper.
5. Remove skin from sausages and slice.
6. Heat the oil in large stock pot over medium high heat. Add the chicken thighs and sear. Remove from pot.
7. Add the sausages and sear. Remove from heat.
8. Reduce heat to medium and add all the vegetables and garlic to the pot. Stir and cook 5 minutes.
9. Add the browned flour mixture to the vegetable mixture and stir until incorporated.
10. Add the warm water to the vegetable mixture. Stir until smooth.
11. Add chicken base and seasonings.
12. Cook 15 minutes until thickened.
13. Add chicken, sausages, and scallions. Adjust seasonings.
14. Serve over rice.

Quick Chicken with Wine

Servings: 30

Time: 1 hour

Approximate Cost $70

Ingredients:

- 15lbs. Chicken Thighs, boneless
- 5 lbs. Chicken Drumsticks
- 1 lbs. Bacon, Thick Cut , diced
- 5lbs. Yellow Onion, Sliced
- 3lbs. Button Mushrooms, quartered
- 1 Bottle Burgundy Red Wine
- 2 Tablespoons Better than Boullion Chicken Base
- 2 Cups Water
- 1 Tablespoon Brown Sugar
- ¼ Cup Thyme, Dried
- 6 Bay Leaves
- ½ Cup Cornstarch
- 1 Cup Cold Water

Directions:

1. Place chicken thighs on cookie sheet and pat dry. Season with salt and black pepper. Set aside.
2. Heat large skillet over medium high heat and render the diced bacon. Cook until crispy.
3. Remove bacon from pan and place on paper towels. Set aside.
4. In same skillet, sear the chicken thighs. Remove from pan and place on cookie sheet.
5. Add yellow onions and cook for 3 minutes.
6. Add mushrooms and cook 3 minutes.
7. Deglaze the pan with the red wine and bring to boil. Scrape all browned bits from bottom of skillet.
8. Add chicken drumsticks, thighs, chicken base, water, sugar, thyme and bay leaves.
9. Cook mixture at a simmer for 15 minutes.
10. Mix cornstarch and cold water.
11. Bring mixture to boil. Whisk in cornstarch and simmer until thickened and saucy.
12. Taste broth, adjust seasonings with salt and black pepper.
13. Add cooked bacon to sauce.
14. Serve mixture over rice or pasta.

Chicken Salad Sandwiches

Servings: about 25

Time: 45 minutes

Approximate cost: $ 50

Ingredients:

- 3 loaves of bread
- 2 rotisserie chickens
- 1 medium jar mayo
- 1 bunch green onions
- 1 bunch red grapes
- 1 head of iceberg lettuce
- 6 steak tomatoes
- Salt
- Pepper

Directions:

1. Shred rotisserie chickens, slice green onions, and halve the grapes.
2. In a mixing bowl, combine chicken, sliced green onion and halved grapes. Add salt and pepper to taste.
3. Add mayo until creamy into same bowl. Stir all together.
4. Wash and peel the leaves of the iceberg lettuce.
5. Wash and slice tomoatoes
6. Toast bread, if needed.
7. Create sandwiches with mix, lettuce, and tomato.

Meatloaf

Servings: 30

Time: 1.5 hours

Approximate Cost $110

Ingredients:

- 15lbs. Ground Beef
- 2lbs. Seasoned Breadcrumbs
- 8 Eggs
- 3 Green Peppers, pureed
- 3 Yellow Onions, pureed
- ¼ Cup Dried Thyme
- ¼ Cup Dried Basil
- ¼ Cup Lawry's Seasoned Salt
- ½ Cup Garlic Powder
- ¼ Cup Black Pepper
- 2 Cups Ketchup
- ¼ Cup Brown Sugar

Directions:

1. Clean green peppers and yellow onions. Puree in food processor.
2. Add pureed vegetables to large mixing bowl.
3. Add remaining ingredients to mixing bowl. Mix all ingredients by hand until thoroughly mixed.
4. Place approximately 4lbs. into disposable loaf pans. Cover with foil.
5. Place pans onto cookie sheet and bake at 325 degrees for 30 minutes.
6. Remove foil covering the loaves. Cook 15 minutes.
7. Prepare ketchup glaze by mixing the ketchup and brown sugar.
8. Remove meatloaf from oven and increase oven temperature to 450 degrees. Brush meatloaf with ketchup glaze and return to oven for additional 2 minutes until glaze is caramelized.
9. Remove from oven, let meatloaf rest for 10 minutes. Remove from pan.

Sloppy Joes

Servings: 50

Time: 40 minutes

Approximate Cost $90

Ingredients:

- 2 Tablespoons Vegetable Oil
- 15 lbs. Ground Beef
- 8 Green Bell Peppers, diced
- 6 Large Yellow Onion, Diced
- 1 Cup Garlic, minced
- 1 Cup Chili Powder
- 3 Cans Lager Beer
- 32 Ounces Ketchup
- 4 6-Ounce cans mild green chilies, diced
- 1 Cup Worcestershire Sauce
- 1 Cup Brown Sugar
- 1 Cup Cider Vinegar
- ½ Cup Kosher Salt
- ½ Cup Black Pepper

Directions:

1. Heat oil over medium high heat in a stock pot or large sauté pan.
2. Add ground meat, sear, and cook completely. Place meat in colander and drain fat.
3. Return pan to medium heat and add diced onions, peppers and garlic. Cook until soft, about 5 minutes.
4. Add chili powder and cook stirring constantly for 2 minutes.
5. Add beer, ketchup, chilies, Worcestershire, sugar, vinegar, salt and pepper. If using Tabasco add at this time. Simmer for 5 minutes.
6. Add cooked beef and mix thoroughly.
7. Remove from heat.

Broccoli and Cheese Soup

Servings: 50

Time: 1 hour

Approximate Cost $70

Ingredients:

- 7 Heads Broccoli including stems chopped in food processor.
- 2 Large Yellow Onion, diced
- ½ Cup Kosher Salt
- 2 Gallons Water
- 1 6 ounce jar Better than Bouillion Vegetable Base
- 1 Tablespoon White pepper
- 2 Cups Whole Milk
- 1 Cup Cornstarch
- 1 3 lb. block Velveeta Cheese
- 1 Quart Heavy Cream

Directions:

1. Heat water and salt in large stockpot over medium heat.
2. Add the broccoli, onions, vegetable base, and white pepper to the water.
3. Simmer for 10 minutes.
4. While soup is simmering mix the whole milk with the cornstarch until smooth.
5. Quickly bring soup to a boil and whisk in the cornstarch mixture. Reduce heat to medium and simmer for three minutes until soup thickens.
6. Reduce heat to low and add the Velveeta cheese and heavy cream.
7. Cook until cheese is melted.
8. Remove from heat.

Basic Cheese Quiche

Servings: 30

Time: 1.5 hours

Approximate Cost $80

Ingredients:

- 6 pie crusts,pre made
- 2 Quarts Heavy Cream
- 1 Quart Whole Milk
- 2 Dozen Eggs
- 1 Dozen Egg Yolks
- 3 Tablespoons Kosher Salt
- 1 Tablespoons Black Pepper
- 1 Teaspoon Cayenne Pepper
- ½ Teaspoon Nutmeg
- 3 lbs. Cheese, grated (cheddar, swiss, pepperjack, etc.)

Directions:

1. Preheat oven to 350 degrees.
2. Pierce crusts with a fork and bake crusts for 8 to 10 minutes until golden.
3. Remove crusts from oven and cool.
4. Whisk together the cream, milk, eggs, and egg yolks.
5. Season with salt, pepper, cayenne, and nutmeg.
6. Scatter each pie crust with selected cheese.
7. Add 3 cups of cream mixture to each pie crust. Gently shake pie crust to remove any air pockets.
8. Bake quiches in 350-degree oven for 30 to 35 minutes until set.
9. Rest quiche for 5 minutes.

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Cheese Stratta

Servings: 30

Time: 2 hours

Approximate Cost $70

Ingredients:

- 2 Gallons Crusty Sourdough Bread
- 2 Quarts Heavy Cream
- 3 Dozen Eggs
- 1 Cup Chives
- 1 oz Fresh Thyme
- 1 Bunch Italian Parsley
- 1 lbs. Butter
- ¼ Cup Kosher Salt
- ¼ Cup Black Pepper
- 4lbs. Any type shredded cheese (Swiss Cheese, Cheddar, Gouda, etc.)

Optional:

- 2 lbs. Ham, sliced , chopped (optional)

Directions:

1. Heat butter in saucepan over medium heat. Once melted set aside.
2. Place cream and thyme into saucepan and bring to a boil. Remove from heat as soon as it boils. Set aside and let steep 15 minutes.
3. Cube bread into 1-inch cubes and place in large mixing bowl.
4. Crack eggs into separate mixing bowl.
5. Remove thyme from cream and discard. Add salt, pepper and parsley to steeped cream and stir.
6. Add ½ cup of the butter to the bottom of a deep baking dish, Add remaining butter to bread cubes and toss.
7. Add cream mixture and cheese to bread cubes and mix thoroughly.
8. Stir bread mixture every few minutes for a total of 10 minutes.
9. Place mixture into buttered pan, cover and bake for 25 minutes at 325 degrees.
10. Uncover and bake another 10 minutes until golden brown on surface.
11. Remove from oven and let rest for 10 minutes.

Potato Casserole

Servings: 30

Time: 1 hour

Approximate Cost $60

Ingredients:

- 2 Bunches Scallions, sliced
- 4 Red Bell Pepper, diced
- 32 Ounces Sour Cream
- ¼ Cup Granulated Onion
- ½ Cup Kosher Salt
- 1 Tablespoon Black Pepper
- 2 lbs.Bags Shredded Hash Browns, thawed
- 2 lbs. Cheddar Cheese, Shredded

Directions:

1. Wash and slice the green onion.
2. Wash, seed and dice the red pepper.
3. Add sour cream and seasonings to large mixing bowl.
4. Add scallions, red peppers, three quarters of the cheddar cheese and potatoes to sour cream mixture.
5. Mix thoroughly.
6. Place mixture in shallow baking pan.
7. Cover and bake for 20 minutes in 350-degree oven.
8. Remove foil. Top with remaining cheddar cheese and bake 5 more minutes.

Potato Salad

Servings: 30

Time: 1 hour

Approximate Cost $60

Ingredients:

- 10lbs. Potatoes, Russet, Yukon or Red
- ¼ Cup Kosher Salt
- 1 Dozen Eggs, Hardboiled and chopped.
- 2 Cups Olive oil
- 1 Cup Apple Cider Vinegar
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Black Pepper
- 2 Bunches Scallions, sliced
- 2 bunches Italain Parsley, chopped

Optional:

- 1 lbs. Bacon, Thick Cut , diced, cooked

Directions:

1. Place potatoes in large pot. Fill with cold water.
2. Add salt to water and bring potatoes to boil. Reduce to simmer and cook until knife easily pierces the potatoes.
3. Place eggs in separate pot of cold water. Bring to boil and cook 10 minutes.
4. Place eggs in ice bath to chill rapidly.
5. Peel and chop eggs, place in mixing bowl.
6. Drain hot water from cooked potatoes and rinse under cold water until potatoes are cooled.
7. Dice the cooled potatoes and place in large mixing bowl.
8. In separate mixing bowl, add oil, vinegar, salt, pepper, eggs and herbs. Fold mixture to incorporate.
9. Pour over the potatoes and gently mix. Adjust seasoning.

Optional:

- Place diced bacon in large skillet over medium high heat.
- Cook stirring often until crisp.
- Remove from heat and strain.
- Add cooked bacon to potato salad.

Cous Cous Salad

Servings: 40

Time: 1 hour

Approximate Cost $70

Ingredients:

- 1 Gallon Israeli Cous Cous
- 1 Gallon Water, boiling
- 1/2 Cup Better than Bouillon Vegetable Base
- 3 lbs. Roasted Red Peppers, canned
- 2 lbs. Feta Cheese, crumbled
- 1 lb. Kalamata Olives, chopped
- 3 Bunches Scallions, sliced
- 1 Cup Fresh Basil, sliced
- ¼ cup Garlic, chopped
- 1 Tablespoons, Cumin, ground
- 1 Cup Lemon Juice
- 2 Cups Olive Oil
- 2 Bunches Parsley, chopped
- 2Tablespoons Black Pepper
- 2 Tablespoons Kosher Salt

Directions:

1. Add vegetable base to water and bring to a boil.
2. Add cous cous and cook, stirring constantly for 5 minutes. Drain and chill under cold water.
3. Place drained cous cous in large mixing bowl and add olive oil. Mix well.
4. Drain red peppers and slice into thin strips. Add to cous cous.
5. Add feta, olives, scallion, garlic, basil, seasonings, lemon juice, parsley, salt and pepper.
6. Gently fold together.

Tips:

- Add 2 lbs. chilled shredded chicken
- Add 2 lbs. cooked and chilled tofu
- Add 2 lbs. grilled or oven roasted zucchini or eggplant
- Add 2 Cups Greek yogurt for a creamy variation ·Bake the mixture in baking pan. Serve with baked chicken breasts or fish. Top with feta cheese.

Greek Salad

Servings: 30

Time: 30 minutes

Approximate Cost $60

Ingredients:

- 10lbs.Roma Tomatoes, diced
- 10 Yellow or Orange Bell Peppers, seeded, diced
- 2 Red Onion, finely chopped
- 2 16 ounce jars Pepperoncini peppers
- 1 16 ounce jar, Kalamata olives
- 3 lbs. Feta Cheese
- 2 Cups Red Wine Vinegar
- 1 Cup Lemon Juice
- 1 Quart Olive Oil
- 2 Bunches Parsley, chopped
- ¼ Cup Oregano, dried
- 1 Tablespoon Thyme, dried
- 1 Tablespoon Garlic, granulated
- 2 Tablespoons Kosher Salt
- ¼ Cup Black Pepper
- 1 Tablespoon Crushed Red Pepper (Optional)
- 4 heads Romaine Lettuce
- 2 lbs. Mixed Greens

Directions:

1. Place tomatoes, peppers, red onion, pepperoncini, olives, and feta cheese in mixing bowl.
2. Mix vinegar, lemon juice, oil, parsley, herbs, salt and pepper.
3. Pour dressing over vegetables and mix well. Let marinate for 10 minutes.
4. Chop, wash, and dry romaine lettuce.
5. Mix romaine with mixed greens.
6. Place greens in bottom of individual containers.
7. Place 1 cup of marinated vegetables in portion container. Place next to greens.

Tips:

- Add 5 lbs. chilled shredded chicken
- Add 5 lbs. cooked and chilled tofu
- Add 5 lbs. cooked, thinly sliced steak (top round, skirt steak, or chuck steak)
- Add 5lbs. Cannellini beans or other cooked bean

Baked Beans

Servings: 30

Time: 1.5 hours

Approximate Cost $60

Ingredients:

- 1 Quart Maui Onion or other sweet onion, pureed
- 2- 14 oz cans Crushed Tomatoes in puree
- 1 cup Dark Brown Sugar
- ½ Cup Yellow Mustard
- 2 Tablespoons Kosher Salt
- 2 Tablespoons Black Pepper
- 1 Teaspoon Cayenne Pepper
- 1 Gallon White beans or Navy beans, rinsed and drained.

Optional:

- 1lbs. Thick cut bacon

Directions:

1. Peel and rough chop the sweet onion. Place in food processor and puree. Add to large mixing bowl.
2. Add beans, tomatoes, sugar, mustard, salt, pepper, and cayenne pepper to the onion. Gently mix.
3. Place bean mixture into shallow baking pans.
4. Bake, uncovered, until beans have absorbed most of the liquid, about 1 hour.

Optional:

1. .Dice bacon and place in skillet over medium high heat.
2. Cook bacon, stirring frequently until crisp.
3. Remove bacon and place on paper towels.
4. When beans are cooked, top with bacon and serve.