Meals That
Sample Recipes

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The Comfort of a Home Cooked Meal
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Dear Volunteers,

Ronald McDonald House Charities of Charleston (RMHC Charleston) is a “Home-away-from-home” for families of seriously ill children receiving care from MUSC’s Children’s Hospital. The House provides a safe and comfortable place to rest. One way we do this is by providing 19 meals a week for our 32 families. In 2018, the volunteers prepared 3,259 meals. It is a great opportunity for families, groups, co-workers, classmates, church members, and clubs to come together and support our families.

At RMHC Charleston, we strive to provide well-balanced meals for our families. Since many families encounter physical, emotional, and financial burdens during their child’s hospitalization, they may forget or simply not have time to eat. So, we ask our volunteers to provide substantial meals. It could be the only meal they receive throughout the day! Regardless, if you overcook, prepared food is never wasted. The House holds a leftover fridge for families to take food as they please, 24-hours a day. We also encourage and invite volunteers to eat with families after preparation as long as the recipes are increased accordingly.

We are determined to make our families’ stay as comfortable as possible, and your home-cooked meals allows us to achieve this. Preparing a meal does not just provide necessary nourishment, it also maintains a supportive environment, where families can spend time with one another. Thank you for your interest in providing our families with their daily meals!

Sincerely,

Leigh Nuckols
Meals that Heal
The Comfort of a Home Cooked Meal

Weekly Meal Schedule

At Ronald McDonald House Charities of Charleston, we try to provide all meals, breakfast, lunch and dinner. You can use this book to find recipes for each of these meals. Please, choose out of the following times to come in and cook!

**Weekday Breakfast:**
Arrive by 8:00 AM  
Serve at 9:00 AM  
35 Servings

**Weekday Lunch:**
Arrive by 10:00 AM  
Serve at 11:45 AM  
40 Servings

**Daily Dinner:**
Arrive by 4:00 PM  
Serve at 6:00 PM  
60 Servings

**Weekend Brunch:**
Arrive by 8:30 AM  
Serve at 10:30 AM  
35 Servings
Group Meal Guidelines

1. Available meal dates and calendar can be found online at www.RMHCharleston.org/prepare-a-meal-request. All groups must sign up through the website.

2. Arrival time is no more than 2 hours before brunch, lunch, and dinner and 1 hour before breakfast.

3. Each member in the group must sign in on our electronic tablets upon arrival.

4. Free parking is available in the parallel parking spots located in the alley between Barre & Gadsden Streets. If full, metered parking surrounds either side of the house.

5. All meals must be prepared at RMHC Charleston or in a commercial kitchen establishment (Grocery Store/Restaurant). **We cannot accept pre-cooked or baked foods from home.**

6. **8 chefs** are our maximum due to the size of our kitchen.

7. Chefs must be over the age of 12 and children, ages 12-18, must be supervised by an adult.

8. The House includes the required cooking equipment, but if you have a question about a certain item, please feel free to contact us.

9. Please, check our refrigerators before opening new products especially, condiments, cheeses, and butter.

10. Your group is encouraged to bring drinks and dessert.

11. Due to lack of room, we are not able to provide refrigerator or freezer space in advance.

12. If your meal is being catered, please have the food delivered no more than one hour before the scheduled serving time.
Breakfast Recipes

Weekday Breakfast:
Arrive by: 8:00 AM  Serve at: 9:00 AM  Servings: 35 People

Weekend Brunch:
Arrive by: 8:30 AM  Serve at: 10:30 AM  Servings: 35 People

Note: If preparing breakfast for dinner adjust serving sizes accordingly
Sausage Pancake Sandwiches

**Ingredients:**
- 9 cups pancake mix
- 9 eggs
- 4 1/2 cups milk
- 4 1/2 lbs. sausage
- 1 1/2 cups shredded cheese
- 1 1/2 dozen eggs
- 3/4 cup milk
- Salt and Pepper to taste

**Directions:**

**Pancake Layer**
1. Preheat oven to 450°F. Line a 17 x 11 baking pan with parchment paper and spray with a non-stick spray.
2. Combine pancake mix, eggs, and milk into a large bowl.
3. Spread pancake batter evenly onto parchment paper and bake for 15 minutes. Remove pancake layer.
4. Continue reading the instructions for the sausage and egg layer on the following page.

**Tips:** Add syrup to pancake mix for a sweet twist!

Serve with Peach Berry Salad.

**Note:** Provide wrapping paper so families can grab a sandwich on the go!
Sausage Pancake Sandwiches—Continued

**Egg Layer**
1. Mix eggs, milk, and seasoning.
2. Spray pan with a non-stick spray and spread egg layer evenly on a baking sheet. Bake for 15 minutes or until eggs are fully cooked. Remove egg layer.

**Sausage Layer**
1. Lower oven temperature to 350°F. Spray pan with a non-stick spray and spread sausage on a baking sheet and bake for 20 minutes.
2. Drain fat, add a cheese layer, bake for an additional 5 minutes.
3. Layer sausage, eggs, and pancakes to make a big sandwich, slice, and serve.

**Tips:** Add syrup to pancake mix for a sweet twist!

Serve with Peach Berry Salad.

**Note:** Provide wrapping paper so families can grab a sandwich on the go!
Peach Berry Salad

Ingredients

- 24 peaches
- 2.5 gallons blackberries
- 1 gallon strawberries
- 2 cups honey
- 4 tsp. cardamom

Directions

1. In a large pot, bring water to a boil.
2. Add peaches and quickly remove them after 30 seconds.
3. Drain water and transfer peaches to a large bowl.
4. Add cold water to bowl and allow peaches to cool.
5. Drain, peel, and slice peaches.
6. Slice strawberries.
7. Add all ingredients to a large bowl, toss, and refrigerate at least one hour prior to serving.
Biscuits & Gravy with Sausage and Eggs

Ingredients

- 6 1/2 cups of buttermilk biscuit dough
- 26 eggs
- 4 pkg. peppered gravy mix (4 cups)
- 4 1/2 lbs. sausage
- 4 1/2 cups shredded cheese
- 2 1/4 cups milk
- Salt and pepper to taste

Directions

1. Preheat oven to 350°F.
2. Grease 13 x 9 inch pan.
3. Brown the sausage in a skillet and drain thoroughly.
4. Cut biscuit dough into 1 inch pieces, and line the bottom of the pan.
5. Layer cooked sausage over the biscuit pieces. Then, layer shredded cheese over sausage.
6. Whisk eggs and milk, add salt and pepper and pour over biscuit layer.
7. Bake for 35-45 minutes or until eggs and biscuits are cooked thoroughly.
8. Make gravy according to instructions and serve on the side. Serve warm.
Breakfast Muffins

**Ingredients**

- 2, 20 oz. bag, Simply Potatoes shredded hash browns
- 2 tbsp. olive oil
- 2 tsp. sea salt and ground black pepper
- 4 cups Fiesta blend cheese
- 2, 12 oz. pkg. Rath bacon, cooked and crumbled
- 18 extra large eggs
- 1 cup red bell pepper, diced
- 1 cup orange bell pepper, diced
- Parsley
- 1 cup 2% milk or cream

**Directions**

1. Preheat oven to 400°F. Spray 24 muffin tins with cooking spray.
2. Combine one egg with hash browns, olive oil, 1 cup cheese and half of the salt and pepper.
3. Divide mixture evenly into 24 muffin tins and press down. Sprinkle each with parsley.
4. Bake at 400°F for 10-15 minutes or until potatoes are crispy. Meanwhile, whisk remaining 8 eggs in a large mixing bowl with the remaining cup of cheese, salt and pepper, bacon, bell peppers, and milk. Stir to combine.
5. Pour egg mixture evenly over each potato muffin crust. Sprinkle salt, pepper, and parsley.
6. Bake an additional 10-15 minutes or until eggs are cooked through. Allow muffins to cool in their tins for 5 minutes before serving.

Serve with Yogurt Parfaits. See recipe on the following page.
Breakfast Muffins

Ingredients

1 gallon plain yogurt
8 cups granola
6 pints blueberries
6 pints strawberries
3 cups coconut, shredded

Honey

Any seasonal fruit
(blackberries, cherries, peaches etc.) or dried fruits (raisins
or craisins)

Directions

1. Place all ingredients in separate containers and allow the families to make their own parfaits!

Serve with Breakfast Muffins. Find recipe on the previous page.
Breakfast Pizza

Ingredients

2, 8 oz. pkg. Italian shredded cheese, divided
2, 16 oz. Italian bread shells
16 slices bacon, cooked and crumbled
8 plum tomatoes, sliced
1 tsp. freshly ground pepper
4 large eggs
1 cup milk
1/2 cup chopped fresh basil

Directions

1. Preheat oven to 425°F.
2. Sprinkle half of cheese over Italian bread shell, top with bacon, tomatoes, and pepper.
3. Whisk together eggs, milk, and basil and pour on center of pizza (it will spread to edges).
4. Sprinkle with remaining cheese. Bake for 20 minutes or until set.

NOTE: This recipe works equally well using 2% reduced-fat cheese, turkey bacon, egg substitute, and fat-free milk.
Banana Bread

Ingredients

- 6 cups flour
- 3 tsp. baking soda
- 3/4 tsp. salt
- 1 1/2 cups butter
- 6 eggs, beaten
- 7 cups over ripe bananas, mashed
- 2 1/4 cups brown sugar

Directions

1. Preheat oven to 350°F.
2. Grease baking pan with a non-stick spray.
3. Mix flour, baking soda, and salt in a bowl.
4. In a separate bowl, mix butter, eggs, and mashed bananas well together.
5. Mix all dry and wet ingredients, and pour into a baking pan.
6. Bake for 60 to 65 minutes, or until a toothpick comes out of the center clean.
7. Let cool before serving.
8. Continue reading on the next page for instructions on the bacon.

Serve with Bacon and Hard-boiled eggs. Find instructions on the following page.
Bacon and Hard Boiled Eggs

**Ingredients**
- 6, 16 oz. pkg. bacon

**Directions**
1. Preheat oven to 350°F.
2. Line a baking pan with parchment paper.
3. Arrange bacon side by side in a single layer on baking pan.
4. Bake for 10-15 minutes or until crispy.
5. Place bacon on plates lined with paper towels to drain.

**Ingredients**
- 3 dozen eggs
  - Salt and pepper to taste

**Directions**
1. Place eggs in a large sauce pan.
2. Cover eggs with cold water by one inch.
3. Cover and let water boil.
4. Boil eggs for 5 to 9 minutes with 5 being the least firm and most creamy center to 9 being the most firm eggs.

Serve with Banana Bread. Find recipe on the previous page.
Quiches

Ingredients

- 4 pre-made pie crusts
- 20 eggs (for every egg, use 1/2 cup of liquid mix)
- 2 cups heavy cream
- 1 cup milk
- 1 teaspoon salt and pepper
- Fillings of choice (Ham, cheese, bacon, spinach, sun dried tomatoes, mushrooms, bacon, caramelized onions)

Directions

1. Preheat oven to 350°F.
2. For the majority of fillings, pre-cook before placing inside the pie. Meats and vegetables must be cooked with the exception of spinach.
3. Mix eggs, heavy cream, milk, and salt with a hand held electric mixer.
4. Spread fillings on the bottom of pie crust and add egg mixture on top.
5. Bake quiche for 45-50 minutes or until it is only slightly wobbly in the middle.
6. Allow quiche to cool for 20 minutes.
Lunch Recipes

Arrive by: 10:00 AM  
Serve at: 11:45 AM  
Servings: 40 People
Chicken Salad Sandwiches

Ingredients
28 cups cooked chicken breasts, shredded
1 3/4 tsp. salt
1 3/4 tsp. black pepper
7 cups mayonnaise
XXX Green onions
2 loaves of whole wheat bread

Directions
1. If chicken breasts are not already cooked, boil them and shred them.
2. Mix all ingredients well together.
3. Cool in the refrigerator at least an hour before serving.
4. Serve with 2 loaves of whole wheat bread or 60 whole wheat rolls. Heads of lettuce to make lettuce wraps for a lower calorie option.

TIP: Make with the Tuna Salad Sandwiches and halve each recipe to provide different options! See page the following page.

Serve with the Vegetable Platter. See page 19.
Tuna Salad Sandwiches

Ingredients

- 4 1/2 cups canned tuna
- 7 cups mayonnaise
- 2 1/4 cups celery
- 7 tbsp. lemon
- 7 cloves garlic
- 2 loaves of whole wheat bread

Directions

1. Mix all ingredients well together and cool in the refrigerator at least an hour before serving.
2. Serve with 2 loaves of whole wheat bread or 60 whole wheat rolls. Heads of lettuce to make lettuce wraps for a lower calorie option.

TIP: Make with the Chicken Salad Sandwiches and halve each recipe to provide different options! See the previous page.

Serve with the Vegetable platter. Find recipe on the following page.
Vegetable Platter

Ingredients

5 cups broccoli
5 cups cherry tomatoes
5 cups bell peppers, chopped (green, red, and/or yellow)
4 large cucumbers, peeled and sliced
4 cups celery sticks
4 cups sugar snap peas
5 cups baby carrots

Add any veggies served cold
(Cucumbers, cauliflower, etc.)

2 containers Ranch Dip (Recommended: Marzetti Ranch Dip)

Directions

1. Rinse all vegetables.
2. Blanch broccoli for best results (for no more than 1 minute).
3. Arrange vegetables on a platter with ranch dip in the middle.
Pizza Wraps

Ingredients

- 10 pkg, pepperoni, sliced
- 5 cups chopped tomatoes
- 2 1/2 cups chopped onion
- 2 1/2 cups sliced green pepper
- 10 cups grated mozzarella cheese
- 40 whole wheat flour tortillas

Directions

1. Place all ingredients in tortillas.
2. Fold the ends towards the middle and roll with thumbs while using pinky fingers to hold contents in.

TIP: Make with Ham and Cheese Wraps and halve each recipe to provide options! See page 20.

Serve with the Sautéed zucchini with tomatoes and onions. See page 23.
Ham and Cheese wraps

Ingredients
- 4 packs of ham (3 slices per wrap)
- 1 tablespoon of mayonnaise per wrap
- 40 American cheese singles
- 40 whole wheat flour tortillas

Directions
1. Place 3 slices of ham, 1 tablespoon of mayonnaise, a slice of American cheese inside a whole wheat flour tortilla.
2. Fold the ends towards the middle, and roll with thumbs while using pinky fingers to hold in the rest of the contents.

TIP: Make with Pizza wraps and halve each recipe to provide options! See the previous page.
Serve with the Sautéed zucchini with tomatoes and onions. Find the recipe on the following page.
Sautéed Zucchini With Tomatoes and Onions

Ingredients

- 10 tbsp. olive oil
- 5 medium onions
- 20 zucchini
- 8 large tomatoes
- 4 tsp. salt
- 1 tsp. pepper

Directions

1. Wash and cut all vegetables.
2. Use olive oil to line the pan, add onions, cook and stir until they are tender.
3. Add zucchini to the pan and cook until tender.
4. Add tomatoes along with the salt and pepper.
5. Cook for around 6 minutes longer.

Note: This may take several pans if large enough pans are not available.
Black Bean Soup

Ingredients

6, 15 oz., cans black beans, with liquid
2 lbs. (2 1/2 cups) good-quality salsa, homemade or store-bought like Herdez
1 cup chopped fresh cilantro and extra for garnish
4 tsp. ground cumin
2 cloves garlic, minced
Sour cream (optional)

Directions
1. Stir all ingredients together in a medium saucepan.
2. Heat over medium-high heat until simmering.
3. Reduce heat to medium-low, cover and simmer for at least 10 minutes, stirring occasionally.
4. Let cool for 5 minutes, and serve warm.
5. Garnish with cilantro. Add sour cream if desired.

Serve with Mexican Style Salad Bar. Find recipe on the following page.
Mexican Style Salad

Ingredients

- 6 large heads of Romaine lettuce
- 4 onions
- 6 avocados
- 2 1/2 cups canned corn
- 4 cups tomatoes (large, cherry, or grape)
- Various dressings (Check refrigerator for dressings before opening new ones)

Directions

1. Rinse all vegetables.
2. Cut romaine into bite size pieces.
3. Peel and cut onions into small dice sizes.
4. Peel and cut avocados into slices.
5. Drain corn before serving.
6. Cut tomatoes into dice sizes.
7. Serve at the salad bar.

Serve with Black Bean Soup. Find recipe on the previous page.
Chicken and Gnocchi Soup

Ingredients

2 lbs. boneless, skinless chicken breasts, cooked and shredded
2 tbsp. olive oil
8 tbsp. butter
1/2 cup all-purpose flour
2 small onions, chopped
4 garlic cloves, minced
12 cups chicken broth
4 cups milk
2 cup carrots, shredded
4 tsp. parsley flakes
2 pkg., 32 oz. mini potato gnocchi
2 cup fresh spinach, chopped
Salt and pepper for seasoning

Serve with Caesar Salad. See page 28.
Chicken and Gnocchi Soup—Continued

Directions

1. In large Dutch oven or stock pot, melt butter and olive oil together.

2. Add onions, carrots, and garlic, and cook until onions become translucent.

3. Whisk in flour and let cook for a minute. Slowly stir in chicken broth and simmer until it starts to thicken up. Meanwhile, cook gnocchi in a pan according to package directions. Drain and set aside.

4. Add milk to veggie and chicken broth mix and bring to a boil. Stir in seasonings.

5. Once at a boil, reduce heat and add gnocchi, spinach and chicken. Allow it to simmer until heated through and thickened. Let stand for 5 minutes to cool, then serve.

Serve with Ceasar Salad. See the following page.
Caesar Salad

Ingredients

- 5 large heads of Romaine
- 2 bags of croutons
- 2 bags of parmesan cheese
- Caesar Dressing

Directions

1. Place all ingredients in large bowl and toss together.

Serve with Chicken and Gnocchi Soup. See the previous two pages.
Bags of Gold

Ingredients

- 10 quarts tomato soup
- 40 cubes cheddar cheese
- 40 home-style Pillsbury biscuits

Directions

1. If not already done, cut the cheese into cubes of cheese.
2. Wrap each cube of cheese half of a Pillsbury biscuit.
3. Bring tomato soup to a boil.
4. When boiling, drop biscuits into the soup and cook for 10 minutes covered, then 10 minutes uncovered.
5. Serve soup with one biscuit in each bowl.

TIP: Make this recipe in smaller batches.
Serve with the Garden salad. Find recipe on the following page.
Garden Salad

Ingredients

- 2 big bags of lettuce of your choice
- 5 pints cherry tomatoes
- 5 carrots, sliced
- 5 cucumbers, sliced
- 1 bag mixed cheeses
- 2 bags croutons

Directions

1. Rinse and slice all vegetables.
2. Serve vegetables in separate bowls to create a salad bar.
3. Serve with various dressings. Check refrigerator before opening new ones.

Serve with Bags of Gold. Find recipe on the previous page.
**Salad Toppings**

Here at RMHC Charleston we have a salad bar with lunch everyday, so we are always looking for new toppings. Below are some suggested unique salad topping options:

- **Toppings**
  - Artichoke Hearts
  - Asparagus
  - Avocados
  - Beans
  - Beets
  - Broccoli (lightly steamed)
  - Cabbage
  - Carrots
  - Cauliflower
  - Celery
  - Corn
  - Cucumber
  - Dried Fruits (cranberries, apricots, raisins)
  - Hearts of palm
  - Kalamata olives
  - Mushrooms
  - Nuts (almonds, pecans, walnuts)
  - Peppers (red, green, yellow)
  - Red onions
  - Roasted eggplant

- **Salsa**
- **Snap peas**
- **Sun dried tomatoes**
- **Tomatoes (cherry or grape)**
- **Roasted zucchini**

- **Cheeses**
  - Feta
  - Mozzarella
  - Cheddar
  - Bleu
  - Goat cheese

- **Proteins**
  - Canned salmon
  - Chicken (baked or grilled)
  - Ham
  - Hard boiled eggs
  - Tempeh
  - Tofu
  - Turkey (baked or grilled)
Dinner Recipes

Arrive by: 4:00 PM
Served at: 6:00 PM
Servings: 60 People
Sloppy Joes

Ingredients

15 lbs. of hamburger browned  
3 cups onion finely chopped  
12 stalks of celery finely chopped  
6, 14 ½ oz. cans of tomato sauce  
6, 10 oz. cans of tomato soup  
1 ½ cup brown sugar  
1 ½ cup ketchup  
1 ½ cup barbecue sauce  
9 tbsp. Worcestershire sauce  
3 tbsp. dry mustard  

3 tbsp. prepared mustard  
4 ½ tsp. of chili powder  
6 tsp. of garlic powder

Directions

1. Divide ingredients into threes, making 20 servings per crockpot (i.e. 5 lbs. hamburger, 1 cup onion, 4 celery stalks, etc.).
2. Put all ingredients into 3 different crockpots, stir to combine fully.
3. Cook on low for 4 hours.
4. Serve on buns.

NOTE: You will need a slow cooker, provided by the RMHC, but be sure to bring disposable slow cooker liners. Also, you must arrive 4 hours before to cook on the slow-cooker.

Serve with Tomato Cucumber Salad. See following page for instructions.
Tomato Cucumber Salad

**Ingredients**

- 1 onion, sliced thinly
- 6 lbs. vine ripe tomatoes, washed, wedged
- 6 cucumbers, washed, halved and sliced
- ⅔ cup light olive oil
- 5 tsp. red wine vinegar
- 2 tsp. salt
- 1 tsp. pepper
- 2 tsp. Italian seasoning
- 12 tbsp. Balsamic vinegar

**Directions**

1. Mix together cucumbers, tomatoes, and onions in a large bowl.
2. Whisk together dried Italian seasoning, olive oil, balsamic vinegar, salt and pepper.
3. Pour vinegar and oil over tomatoes, onions and cucumbers and stir to combine.

Serve with Sloppy Joes. Find recipe on the previous page.
Fried Chicken with Chips and Mixed Fruit Platter

Ingredients

- 60 servings of catered Fried Chicken (Publix, Harris Teeter, Chick-Fil-A, etc.)
- 6-8 bags of Chips (Original, BBQ, Sour Cream & Onion, etc.)
- 2 pineapples
- 2 cantaloupes
- 2 honeydew melons
- 2 small watermelons
- 2 lbs. green seedless grapes
- 2 lbs. red seedless grapes
- 2 lbs. strawberries
- 6 cups flavored yogurt or poppy seed dip

Directions

1. Rinse all fruit.
2. Peel and cut pineapple and melons into chunks.
4. Snip grapes into clusters.
5. Cut off stems of strawberries and cut in half.
6. Arrange fruit on a large platter with yogurt to dip.

Serve with Coleslaw. See instructions on the following page.
Cole Slaw

Ingredients

- 13 cups coleslaw mix with red cabbage and carrots
- 3 3/4 cups mayonnaise
- 15 tbsp. sugar
- 11 1/4 tbsp. lemon
- 7 1/2 tbsp. white vinegar
- 1 3/4 tsp. salt
- 3 3/4 tsp. black pepper
- 60 whole wheat rolls

Directions

1. Mix all ingredients into a large bowl
2. Cool for an hour before serving.

Serve with Fried chicken. See instructions on the previous page.
Baked Chicken

Ingredients

- 60 boneless, skinless chicken breasts
- 10 tsp. Italian seasoning
- 5 tsp. salt
- 2 1/2 tsp. paprika
- 2 1/2 tsp. black pepper
- 20 tsp. olive oil

Directions

1. Preheat oven to 400°F.
2. Mix all dry seasoning together.
3. Toss chicken breast in olive oil and spread dry seasoning to coat.
4. Place chicken breast on a lightly greased pan.
5. Cook chicken breasts for 20-25 minutes or until internal temperature reaches 165°F.

Serve with Broccoli Casserole. See instructions on the following page.
Broccoli Rice Casserole

Ingredients

- 6 cups cooked rice (1 cup uncooked)
- 2, 16 oz., pkg. frozen broccoli florets
- 2 small onions, finely chopped
- 2, 10 3/4 oz., can cream of mushroom soup
- 1 cups milk
- 2 tsp. salt
- 1 tsp. black pepper
- 1/2 tsp. garlic powder
- 1/2 tsp. paprika
- 4 cup shredded mild cheddar cheese

Directions

1. Preheat oven at 350°F. Thaw broccoli and warm broccoli in the microwave for about 5 minutes; drain very well. Cut any large florets into smaller, bite-sized pieces.

2. In a bowl, combine warm cooked rice, onion, cream of mushroom soup, milk, salt, pepper, garlic powder, paprika, and 1 cup of the shredded cheddar.


4. Spoon into a greased 9x13-inch baking dish.

5. Top with remaining 1 cup shredded cheddar cheese.

6. Bake for 35 - 40 minutes until bubbly and cheese is just beginning to get some golden brown spots.
Pot Roast

Ingredients
- 1 1/3 cup flour
- 3 tablespoons salt
- 1 1/2 teaspoon pepper
- 14 1/2 lbs. boneless chuck roast
- 1/2 cup vegetable oil
- 2 1/2 cups water, approximate

Directions
1. Combine flour, salt and pepper and coat meat with seasoned flour mixture.
2. Brown meat in hot fat.
3. Add water, as needed to prevent over browning and cover.
4. Bake at 350°F for 2.5 to 3.5 hours or until tender.

**You will need to divide servings into 13x9 pans.
Serve with: honey glazed carrots and garlic roasted potatoes. Follow instructions on the following pages.
Glazed Carrots

Ingredients

10 bags (10 lbs.) ready to eat cut baby carrots
20 tbsp. of honey
10 tbsp. butter or margarine
Nutmeg (optional)

Directions

1. Place carrots in a sauce pan and fill water half way.
2. Once water is boiling reduce heat to low, cover and simmer until carrots are tender.
3. Add honey and butter to desired taste.
4. Add nutmeg if you choose. Serve warm.
Garlic Ranch Potatoes

Ingredients

- 1 3/4-2 lbs. small baby red potatoes, halved
- 3 tbsp. ghee, melted (or butter)
- 2 tsp. dried dill
- 1 tsp. dried parsley or chives
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/2 tsp. sea salt
- 1/4 tsp. pepper

Directions

1. Preheat oven to 400°F.
2. In a small bowl mix together the ghee, dill, parsley or chives, garlic powder, onion powder, salt and pepper.
3. Pour seasoned ghee into 9×13-inch baking dish. Ghee should cover the entire bottom of dish.
4. Place potato halves in melted seasoned ghee, cut side down. Brush the tops of the potatoes with the seasoned ghee that is pooled between the potatoes halves.
5. Top with a sprinkle of additional sea salt.
6. Bake for 35-40 minutes until potatoes reach desired degree of crispiness. Bottoms should be nice and golden brown and crisp.

Serve with: Pot Roast. See instructions on page 38.
Sheppard’s Pie

Ingredients

10 lbs. lean ground beef
10 cups onions
10 cups celery
10 cups carrots
12 cups corn
16 garlic cloves (minced)
1 1/2 tbsp. nutmeg
64 oz. beef broth
2 sticks of butter
16 tbsp. flour
16 lbs. potatoes, cooked and mashed

Directions

1. Cook ground beef in frying pans until browned.
2. Dice onions, carrots, and celery. Add to frying pans along with garlic, salt, pepper and nutmeg. Lower heat and cook for 10 minutes or until vegetables are wilted.
3. Add beef broth and bring to a boil.
4. Mix butter and flour together and stir into broth enough to make a thick gravy to bind the filling. Pour into large shallow baking pans and cool. The filling should be about 1 to 1/2 inch deep.
5. Cover the meat mixture in the pan with the corn and top with the hot mashed potatoes. Smooth potatoes evenly and brush surface with butter.

Serve with Garlic green beans. See instructions on the following page.
Garlic Green Beans

Ingredients

- 6 lbs. frozen green beans
- 16 garlic cloves, minced
- 2 tsp. dried basil
- 1 1/3 cups light olive oil
- 2/3 cup balsamic vinegar
- 4 tsp. salt
- 1 1/2 tsp. pepper

Directions

1. Whisk together garlic cloves, dried basil, olive oil, balsamic vinegar, salt and pepper.
2. Remove green beans from bags and pat dry.
3. Pour garlic dressing over green beans and let sit to marinate, turning occasionally.
4. Bring water to a boil in a large turkey pot. Put the beans in and allow water to come back to a boil, continue for 5 minutes.
5. Carefully remove the green beans from the pot (steam can be hot). Let beans cool for two or three minutes and place them in serving pans.

Serve with Sheppard’s pie. See the instructions on the previous page.
Beef Stir Fry Over White Rice

**Ingredients**

- 12, 12 oz. pkg. soba noodles
- 8 tbsp. grape seed oil or any high
  smoke point oil (peanut oil)
- 16 lbs. ground pork
- 16 cloves garlic, minced
- 8 in. fresh ginger, peeled and minced
- 24 green onions
- 8 tbsp. butter
- 8 lbs. white or cremini mushrooms
  sliced
- 8 red bell peppers, chopped
- 64 oz. snap peas, washed and trimmed
- 8 cups chicken broth
- 1 cup corn starch
- 12 tbsp. soy sauce
- 1 cup hoisin sauce
- 8 tsp. coarse salt
- 4 tsp. pepper

**NOTE**: Read instructions on the following page for the stir fry. Serve over white rice. Follow instructions on page 45.
**Beef Stir Fry Over Rice—Continued**

**Directions**

*Separate cooking into 4 batches*

1. Cook soba noodles in a large pot in heavily salted water, according to directions on package. Stop cooking noodles when there is still a little bite to the noodle. Before draining, reserve two cups of the pasta water for later use in the sauce. Drain and run cool water over the noodles while they are in a colander to stop the cooking process. Return to pan and drizzle with oil to prevent sticking. Cover and set aside until needed.

2. Heat up the wok or skillet on medium high for a couple minutes, then add grape seed oil. When the oil starts to simmer, add all four pounds of ground pork, spreading it around so it cooks evenly. Turn heat to high. Let pork sit undisturbed in pan for several minutes until it browns on the bottom. Stir the pork until evenly cooked or lightly brown throughout. Add garlic, ginger, and green onions. Cook another two minutes and remove and set aside.

3. Reduce the heat under wok to medium and add butter and mushrooms. Sprinkle liberally with salt and pepper. Stir every couple of minutes and sauté until mushrooms have released their juices and are deep golden brown. Add to the dish with the pork and green onions.

4. Add bell peppers and snap peas to the wok on medium high heat, and stir fry until tender, approx. 5-7 minutes. While the veggies are cooking, in a separate small bowl, whisk the corn starch into the chicken broth. Slowly pour the broth mixture into the wok with the veggies. Bring to a boil for almost two minutes, then reduce heat to medium low. Cook until the sauce thickens, then add the soy sauce and hoisin plus salt and pepper and stir. Add the pork, green-onion, mushroom mixture back to the wok. Stir to combine and let simmer for five minutes. Add reserved pasta water if the sauce is too thick.

5. During the last couple of minutes as the pork stir fry simmers, divide soba noodles into individual bowls. Top noodles with a hefty portion of pork stir fry. Enjoy!
White Rice

Ingredients

- Water (2 cups water per cup rice)
- 15 cups rice
- 5 tsp. salt

Directions

1. Bring water to a boil and add salt.
2. Add cups of rice to boiling water and simmer, covered.
3. Once water has been evaporated, the rice is ready.
4. Let cool, and serve.

Serve with Beef Stir fry. Follow instructions on pages 44 and 45.
Layered Ham and Cheese Pasta Bake

Ingredients
- 2 lb. penne pasta cooked
- 32 slices ham chopped
- 20 slices Swiss cheese
- 1/2 cup parsley chopped
- 4 cups Swiss cheese shredded
- 4 large eggs
- 2 cup half and half milk
- Salt and pepper to taste

Directions
1. Preheat oven to 350°F. Grease a square 9-inch baking pan and set aside.
2. Add a layer of pasta into the prepared pan (try to keep them at single layer) and season with salt and pepper.
3. Add half of chopped ham on top of the pasta.
4. Place 4-6 slices of cheese to cover the ham. Repeat with a layers of pasta, ham and then cheese. Add one final layer of pasta.
5. Then add chopped parsley and then shredded cheese.
6. In a medium bowl, whisk together eggs and half and half.
7. Pour evenly over grated cheese. Bake for 45 minutes until cheese is golden.

Serve with Lemon Roasted Asparagus. See instructions on the following page.
Lemon Roasted Asparagus

Ingredients

- 15 bunches of Asparagus
- 15 tsp. olive oil
- 7 lemons
- Salt and pepper to taste
- Parmesan cheese optional

Directions

1. Pre-heat oven to 425°F.
2. Line a large baking pan with parchment paper.
3. Wash asparagus and place in a single layer on the baking pan.
4. Lightly cover with olive oil. Also lightly add salt and pepper (you can add more later).
5. Bake asparagus until you can easily pierce through with a fork. Usually, it takes 9-10 minutes for thinner asparagus and 10-15 minutes for thicker asparagus.
6. Once done baking sprinkle asparagus with lemon juice and parmesan cheese if desired. Serve warm.
Meat Loaf

Ingredients

8 eggs, beaten
2, 24 oz. can V8 Juice
4 large onions, finely chopped
4 cups bread crumbs, seasoned
2 envelope onion soup mix
2 tsp. pepper
8 lbs. ground beef
1 cup ketchup
2/3 cup packed brown sugar
1/2 cup yellow mustard

Directions

1. In a large bowl, combine eggs, V8 juice, onions, bread crumbs, soup mix and pepper.
2. Crumble beef over mixture, mix well.
3. Shape into four loaves and place each loaf in a greased 13” x 9” x 2” baking dish.
4. Bake, uncovered, at 350°F for 45 minutes. Meanwhile, combine the ketchup, brown sugar and mustard.
5. Spread the mixture over loaves and bake for 15 -20 minutes more.

Serve with Green Bean and Cherry Tomato Salad. See instructions on the following page.
Green Bean–Cherry Tomato Salad

Ingredients

- 7 lbs. fresh green beans
- 5 pints cherry tomatoes
- 5 small red onions
- 15 tbsp. red wine vinegar
- 5 tsp. sugar
- 3 1/4 tsp. dried oregano
- 3 1/4 tsp. salt
- 1 1/4 tsp. garlic powder
- 1 1/4 tsp. olive oil
- 1 1/4 tsp. pepper

Directions

1. Bring 30 cups of water to a boil and add green beans.
2. Boil green beans until tender and immediately put on ice.
3. Whisk all dry ingredients with red wine vinegar and gradually add olive oil while whisking.
4. Pour mixture over green beans, cherry tomatoes, and onions stirring well.

Serve with Meatloaf. See instructions on the previous page.