



**Ronald  
McDonald  
House®**  
PASADENA

## PREP A MEAL OF LOVE

Thank you for your interest in volunteering at Ronald McDonald House Pasadena—our valued volunteers provide comfort and support to families caring for a critically ill child. We are excited to welcome volunteers back to our House in-person and have new guidelines in place in order to protect the health and safety of our guest families, staff, and community.

Families at Ronald McDonald House Pasadena often stay at the hospital for long hours every day. Make sure they always have access to a home-cooked meal by prepping individually packaged Meals of Love to stock our fridge and freezer! Choose a recipe from the Meal of Love Recipe Book, bring all the ingredients, prepare the meal in our dedicated Volunteer Kitchen, and then package it up for families to eat whenever they return from the hospital.

If you have any questions, please call 626-204-0401 or email [PRMH-Volunteer@RMHCSC.org](mailto:PRMH-Volunteer@RMHCSC.org).

### GUIDELINES:

- All Prep a Meal of Love volunteers must be scheduled in advance for a **Tuesday or Thursday between 2pm and 4pm**. Please email [PRMH-Volunteer@rmhcsc.org](mailto:PRMH-Volunteer@rmhcsc.org) to schedule a date.
- All meals and preparations must be assembled on site in our Volunteer Kitchen or by a certified grocery store/restaurant.
- Ingredients for the meal being prepared must be supplied by the volunteers.
- Due to the size of our kitchen and COVID-19 restrictions, groups can have a maximum of **four volunteers**.
- Volunteers must be **over the age of 16** and **fully vaccinated** against COVID-19. Proof of completed vaccination must be provided prior to volunteering.
- Everyone preparing the meal should use appropriate hygiene practices and be free of any contagious diseases/sickness.
- Face coverings must be worn at all times.
- Food safety gloves and hair nets are required when handling food and will be made available in the Volunteer Kitchen.
- At this time, we ask that you take no photos with RMH Pasadena families, though you are welcome to take photos of your group as you prepare the meal.
- Each Prep a Meal of Love volunteer group will select a recipe from the options included on the following pages and prepare **16 servings**.
- Once the meal is cooked, volunteers will package the servings individually into disposable containers and affix a Meal of Love label with a date, description, reheating instructions, and note to the top.
- Please wash all the dishes or load them into the dishwasher to be cleaned. Wipe down the kitchen counters and cooking surfaces.

**Thank you and we look forward to cooking with you!**

# MEAL OF LOVE RECIPE BOOK

## Freezer Breakfast Burritos

[www.skinnytaste.com](http://www.skinnytaste.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
60 minutes	\$50.00	16 burritos

### Ingredients

- 2 packages center cut bacon
- 30 large eggs (beaten)
- 10 scallions (chopped)
- 2 red bell peppers (diced)
- 1 ½ teaspoons salt
- 2 cups shredded cheddar or pepper jack cheese
- 16 (10 inch) flour tortillas

### Supplies

- 16 pieces Heavy-Duty Aluminum Foil (cut 10 x 12 inches each)
- Quart-size Ziploc bags
- Two large baking sheets
- Large mixing bowl
- Two large skillet

### Directions

Pre-heat oven to 400 degrees.

Char both sides of the tortillas on a hot griddle or over the open flame.

Cover two baking sheets with aluminum foil. Place bacon on sheets. Place in pre-heated oven. Bake for 15-20 minutes until crisp. Remove from oven and drain grease into aluminum foil (do not wash down the drain). Transfer crisp bacon to plate lined with paper towels to cool.

While bacon is cooking, chop bell peppers and scallions.

In a large bowl whisk the eggs with salt. Mix in scallions and bell pepper.



Add 1 teaspoon of bacon grease to each large skillet set on medium heat. Add the eggs, scallion, and bell pepper. Let them set on the bottom then stir a few times to cook through, set aside.

On a clean work surface, divide a generous 1/2 cup of the egg mixture onto the bottom third of a tortilla. Top each with a slice of bacon and 2 tablespoons cheese. Roll from the bottom, folding the left and right corners in toward the center and continue and roll into a tight cylinder. Set aside, seam-side down, and repeat with remaining tortillas and filling.

#### **How to Package:**

Place the foil on a work surface vertically, place the rolled burrito in the center bottom third, roll partially, folding the sides of the foil over the burrito, then roll it up.

Put two wrapped burritos into a quart-size Ziploc freezer bag. Stick a Meal of Love label to the outside of the Ziploc bag and seal.

#### **Reheating Instructions:**

*To reheat direct from freezer to microwave:* Remove the burrito from the foil and place on a microwave safe dish, cover with a paper towel microwave 1 minute. Turn then cook an additional 1 to 1 1/2 minutes. Let stand 2 minutes before eating. Optional, put in toaster oven for 2 minutes to crisp.

# Baked Ziti

[www.simplyrecipes.com](http://www.simplyrecipes.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
75 minutes	\$63.25	16 slices

## Ingredients:

- 2 pounds ziti (can sub penne) pasta
- 2 tablespoons extra virgin olive oil
- 2 pounds bulk Italian sausage, or ground beef or pork
- 2 large onions, chopped
- 6-8 cloves garlic, chopped
- 2 tablespoon fresh rosemary (or basil), minced
- 2 tablespoon Italian seasoning
- 1 teaspoon red pepper flakes
- 2 (32 ounce) jars marinara sauce
- Salt and pepper to taste
- 1 pound mozzarella cheese, grated or shredded
- 2 heaping cups ricotta cheese
- 2 cups grated Parmesan or pecorino cheese

## Supplies:

- 2 (9x13 inch) casserole pans
- 8 aluminum (8.5x5 inch) aluminum food containers
- Large pot
- Two large saute pans
- Colander



## Directions:

Preheat the oven to 350°F.

### *Cook the pasta:*

Heat a large pot of salted water (for every 2 quarts of water, one tablespoon of salt) to a strong boil. Add the pasta and cook at a rolling boil, uncovered, until the pasta is al dente—edible but still a little firm to the bite.

Drain the pasta through a colander. Toss with a little olive oil so the pasta does not stick together while you make the sauce.

### *Brown the meat:*

While the water is heating in the previous step, start on the sauce. Heat a tablespoon of olive oil in a large sauté pan on medium-high heat. When the oil is shimmering hot, add the bulk sausage or ground meat. Break up any large chunks of sausage as it cooks. Brown well.

Don't stir that often or it will be more difficult for the meat to brown. If you are using ground beef or pork instead of sausage, sprinkle with a little salt.

### *Make the sauce:*

When the meat is mostly browned, add the onions and stir well to combine. Sauté everything until the onions are translucent and beginning to brown, about 4-5 minutes.

Add the garlic, rosemary or basil, Italian seasoning and red pepper flakes and stir to combine. Cook 1 minute, then add the tomato sauce and stir well. Bring to a simmer.

Add salt and pepper, and adjust seasonings to your taste.

### *Layer in casserole dish*

Spread a thin layer of the sauce in the bottom of each 9x13-inch casserole pan, then dot the surface of each with a quarter of the ricotta cheese. Ladle a spoonful of sauce into the pasta, stir it well and then add the pasta into the casserole.

Pour the rest of the sauce over the pasta, dot the remaining ricotta cheese over the pasta, and sprinkle on top both the mozzarella and the Parmesan cheese.

### *Bake*

Bake in oven at 350°F until the top is lightly browned and the cheese melted, about 20 to 25 minutes.

### **How to Package:**

Let cool slightly. Cut each dish into 8 slices. Pack two slices into each aluminum food container. Seal with lid and apply Meal of Love label to the top.

### **Reheating Instructions:**

Let thaw in refrigerator. Remove plastic lid. Cover with aluminum foil. Preheat oven to 350 degrees. Place in oven for 20 minutes until cheese is bubbly.

# Chicken Enchilada Casserole

[www.sweetphi.com](http://www.sweetphi.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
50 minutes	\$60.00	16 servings

## Ingredients:

- 3 cups dry brown rice, cooked according to package instructions
- 5 cups of cooked shredded chicken
- 4 - 15 oz cans of black beans, drained and rinsed
- 2 - 15 oz cans green enchilada sauce
- 2 - 15 oz cans diced tomatoes
- 1 cup of sour cream
- 2 teaspoons cumin
- 1 teaspoon salt
- Dash of pepper to taste
- 4 cups shredded cheddar cheese

## Supplies:

- 2 (9x13 inch baking dishes)
- Pot
- Colander
- 8 plastic food prep containers

## Directions:

1. Spray each 9x13 inch baking dish with cooking spray.
2. Cook rice according to package directions
3. Cook the chicken to your liking (poach it, bake it, or fry it) or use a rotisserie chicken
4. Shred chicken
5. Drain black beans
6. In a bowl combine shredded chicken, enchilada sauce, tomatoes, black beans, sour cream, and seasonings
7. Put rice at the bottom of each prepared baking dish, spoon chicken mixture on top of rice. Sprinkle the cheese on top.
8. Bake at 350 for 30-35 minutes, until cheese is melted and starting to turn golden brown on top.



### How to Package:

Let cool slightly. Cut each dish into 8 slices. Pack two slices into each plastic food prep container. Seal with lid and apply Meal of Love label to the top.

### Reheating Instructions:

- Let thaw in refrigerator
- Loosen lid and microwave on high for 4 minutes



# Arroz con Pollo (Chicken and Rice)

[www.skinnytaste.com](http://www.skinnytaste.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
55 minutes	\$55.00	16 servings

## Ingredients:

- 16 skinless chicken thighs
- 2 tbsp vinegar
- 4 tsp Sazon (blend of coriander, cumin, turmeric, garlic powder, salt, oregano, and pepper)
- about 1 tsp adobo powder
- about 1 tsp garlic powder
- 6 tsp olive oil
- 1 onion
- 1/2 cup cilantro
- 6 cloves garlic
- 10 scallions
- 1 bell pepper
- 2 medium vine tomatoes, diced
- 5 cups enriched long grain white rice
- 8 cups water
- 2 chicken bouillon cubes
- kosher salt to taste, about 4 tsp



## Supplies:

- 2 Large Skillets
- Food processor
- 8 plastic food prep containers

## Directions

1. Season chicken with vinegar, 1 tsp sazón, adobo and garlic powder and let it sit 10 minutes.
2. Heat two large deep, heavy skillets on medium, add 2 tsp oil when hot.
3. Add chicken and brown 5 minutes on each side. Remove and set aside.
4. Place onion, cilantro, garlic, scallions and pepper in food processor. Alternatively, chop all together until finely diced.
5. Add remaining teaspoon of olive oil to the skillet and sauté onion mixture on medium-low until soft, about 3 minutes.
6. Add tomato, cook another minute. Add rice, mix well and cook another minute.
7. Add water, bouillon (be sure it dissolves well) and remaining sazón, scraping up any browned bits from the bottom of the pot.



8. Add chicken and nestle into rice, bring to a boil. Simmer on medium-low until most of the water evaporates and you see the liquid bubbling at the top of the rice line, then reduce heat to low heat and cover. Make sure the lid has a good seal, no steam should escape (You could place a piece of tin foil or paper towel in between the lid and the pot if steam escapes).
9. Cook 20 minutes without opening the lid. Shut heat off and let it sit with the lid on an additional 10 minutes (don't peak!!!) Fluff with a fork.

#### **Optional:**

Prepare and bake two dozen cookies while waiting for your Arroz con Pollo to cook!

#### **How to Package:**

Scoop rice and two pieces of chicken into each of 8 plastic food prep containers. Seal with lid. Apply Meal of Love label to the top.

#### **Reheating Instructions:**

Thaw in the refrigerator overnight. Heat in microwave for 3 minutes.

# Tamale Pie

[www.allrecipes.com](http://www.allrecipes.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
1 hour, 10 minutes	\$58.00	16 servings

## Ingredients:

- 4 pounds ground beef
- 4 cups diced poblano peppers
- 2 teaspoons salt
- 2 (16 ounce) jars salsa
- 1 teaspoon dried oregano
- 2 teaspoons ground dried chipotle pepper
- 4 (8.5 ounce) boxes dry corn muffin mix (such as Jiffy®)
- 4 eggs
- 1 1/3 cup milk, divided
- 8 ounces shredded Cheddar cheese, divided
- 8 ounces shredded Monterey Jack cheese, divided

## Supplies:

- 2 (9x13 inch) casserole dishes
- Dutch oven or deep skillet
- 2 large bowls
- 8 plastic food prep containers
- Cooking spray



## Directions:

1. Preheat the oven to 350 degrees F.
2. Spray two 9x13-inch casserole dishes with cooking spray.
3. Cook and stir ground beef in a deep skillet or Dutch oven over medium-high heat until meat starts to brown and release juices, about 5 minutes.
4. Reduce heat to medium and stir in poblano peppers, salt, salsa, oregano, and chipotle powder; cook and stir until seasoned beef is crumbly and no longer pink, about 10 minutes.
5. Mix two packages of corn muffin mix in a large bowl with 2 eggs and 2/3 cup of milk. Whisk to combine.
6. In a separate large bowl, mix the other two packages of corn muffin mix with 2 eggs, 2/3 cup of milk and half the Cheddar and Monterey Jack cheeses.

7. Spread half the prepared corn muffin mixture without cheese into each prepared baking dish. Sprinkle corn over the muffin mix, followed by remaining half of the cheeses, then the beef mixture.
8. Spoon the corn muffin mix with cheese on top of the beef and carefully spread over the top with a fork, leaving about half an inch from the edges of the pan.
9. Bake in the preheated oven for 50-60 minutes, until golden brown.

#### **How to Package:**

Cut each tray into 8 slices. Scoop two slices into each plastic food prep container and seal with lid. Place Meal of Love label on top.

**Reheating Instructions:** Loosen lid and microwave for 4 minutes.

# Three Sisters Casserole with Cornbread Topping

(Vegetarian)

[www.simplyrecipes.com](http://www.simplyrecipes.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
60 minutes	\$40.25	16 servings

## Ingredients:

- 2 ½ cups yellow cornmeal
- 1 cup all-purpose flour (or your favorite all-purpose gluten-free flour blend)
- 4 teaspoons baking powder
- 2 teaspoon kosher salt
- 4 tablespoons unsalted butter, melted
- 1 cup whole milk
- 1 cup water
- 1 teaspoon chili powder
- 1/2 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 1 1/2 cup vegetable broth
- 2 cups fresh or frozen corn kernels
- 2 (15-ounce) can kidney beans, rinsed and drained
- 4 cups chopped greens (such as spinach or kale)

## For the filling:

- 6 tablespoons extra virgin olive oil
- 2 yellow onions, diced (about 2 cups)
- 8 cloves garlic, minced
- 2 butternut or kabocha squash, peeled and cut into 1-inch cubes (about 2 cups)
- 2 (15-ounce) can diced fire-roasted tomatoes
- 4 tablespoons tomato paste
- 2 teaspoon ground coriander
- 3 teaspoons ground cumin

## Supplies:

- Two (9x13") baking dishes
- Dutch oven or large skillet
- Large mixing bowl
- 8 plastic food prep containers
- Cooking spray

## Directions:

1. Preheat the oven to 350°F:
2. Spray two 9x13-inch baking dish with non-stick cooking spray and set aside.



3. *Make the filling:* In a large, high-sided skillet or Dutch oven, warm the olive oil over medium heat until it's shimmering and add the onions. Cook until translucent, about 4 to 5 minutes. Add the garlic and cook for an additional minute.
4. Add the squash, tomatoes, tomato paste, spices, and salt. Stir in the broth and bring mixture to a boil.
5. *Simmer the filling:* cover the pot and reduce heat to low. Simmer for 15 to 18 minutes, or until squash is tender.
6. *Make the cornbread topping while the filling simmers:* In a large mixing bowl, whisk together cornmeal, flour, baking powder, and salt. Slowly stir in the butter, milk, and water; mix only until just combined. Set aside and let it sit for ten minutes or so, while the filling simmers.
7. *Add the rest of the ingredients to the filling:* Stir in the corn, beans, and greens into the filling, and continue cooking, covered, for 3 to 5 minutes, until mixture has thickened slightly and all the ingredients are incorporated.
8. Divide filling between the two prepared baking dishes
9. Top with generous biscuit-sized clumps of cornbread topping (this can be rustic and uneven).
10. Bake for 20 to 25 minutes, or until filling is bubbling and topping is golden brown.
11. Remove from the oven allow to cool for 5-10 minutes.

#### How to Package:

- Carefully scoop two portions of filling and two biscuits into each plastic food prep container
- Seal with lid and place a Meal of Love label on top

#### Reheating Instructions

Loosen lid and microwave for 4 minutes.

# Pepper Steak with Rice and Broccoli

[www.skinnytaste.com](http://www.skinnytaste.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
40 minutes	\$88.00	16 servings

## Ingredients:

- 4 - 12 oz top round beef (trimmed)
- Soy sauce
- 4 tbsp rice wine
- ¼ cup cornstarch
- 4 tbsp vegetable oil
- 4 large onions (sliced into thin strips)
- 4 bell peppers (sliced into thin strips)
- 2 tsp black pepper
- crushed red pepper flakes (optional)
- 5 cups dry white or brown rice
- 4 heads of broccoli (cut into florets)

## Supplies:

- Large skillet or wok
- Small mixing bowl
- 2 large sheet trays
- Pot or rice cooker
- 16 plastic meal prep containers
- Cooking spray

## Directions:

*Rice:* Cook rice according to package instructions. Fluff with a fork when ready.

*Broccoli:* Preheat oven to 400 degrees. Coat sheet trays with cooking spray. Spread broccoli florets out in single layer. Coat broccoli with cooking spray and season with salt and paper. Place sheet trays in oven and cook for 15-20 minutes until edges are slightly crispy.

*Pepper Beef:* Slice beef into thin slices with the grain. Cut each strip across the grain about 1" long so you have small thin slices. Place in a bowl and add 1/3 cup of soy sauce, 4 tbsp of rice wine, 4 tsp cornstarch and black pepper.

In a small bowl, mix 3/4 cup soy sauce, ¼ cup water and 8 tsp cornstarch. Set aside.

Heat the wok on high heat. Swirl in 2 teaspoons of the oil and add a quarter of the beef, spreading evenly in the wok. Cook undisturbed for 20 seconds letting the beef brown. Using a spatula, stir meat, cooking another 2 minutes. Transfer to a plate. Cook remaining 3 batches of beef.





Add remaining teaspoon of oil to wok, add peppers and onions and cook about 4 to 5 minutes. Return beef to the wok, add the sauce and red pepper flakes and stir fry about 30 seconds until slightly thickened.

**How to Package:**

Scoop one cup of cooked rice into each of the 16 plastic food prep containers. Top with portion of the beef and portion of the broccoli. Seal with container lid. Place Meal of Love label on top.

**Reheating Instructions:**

Microwave for 3 minutes

# Rainbow Chicken and Veggies with Chimichurri Sauce

[www.gimmedelicious.com](http://www.gimmedelicious.com)

Estimated Prep and Cook Time	Estimated Cost	Servings
50 minutes	\$75	16 servings

## Ingredients:

- 12 medium chicken breasts boneless skinless cut into 1/2 inch pieces
- 4 cups broccoli florets (frozen or fresh)
- 3 small red onions chopped
- 4 cups grape or plum tomatoes
- 4 medium zucchini chopped
- 8 cloves garlic minced
- 4 tablespoons Italian seasoning
- 4 teaspoons salt
- 2 teaspoons black pepper optional
- 2 teaspoons red pepper flakes optional
- 2 teaspoons paprika
- 4 tablespoons olive oil
- 5 cups of dry white or brown rice (or quinoa)

## Supplies:

- Pot or rice cooker
- 4 baking sheets
- Food processor
- 16 plastic meal prep containers
- 16 – 2 oz plastic condiment container

## *Chimichurri sauce*

- 1 cup fresh flat-leaf parsley, tightly packed (about 1 bunch of parsley)
- 1 cup fresh cilantro, tightly packed (about 1 bunch of cilantro)
- 1/2 cup diced red onion
- 3 cloves of garlic, peeled
- 2 Tablespoons fresh lemon or lime juice
- 2 Tablespoons red wine vinegar
- 1/4 tsp sea salt
- 1/4 tsp freshly-ground black pepper
- 1/4 tsp red pepper flakes, or more, to taste
- 1/2 cup olive oil



## Directions:

*Rice:* Cook rice or quinoa according to package instructions

### *Chicken and Veggies:*

Pre-heat oven to 450F. Line a baking sheet with aluminum foil and set aside.

Place the chicken and veggies on the baking sheet. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.

Bake for 15-20 minutes or until the veggies are charred and chicken is tender.

### *Chimichurri Sauce:*

While chicken and veggies are roasting, prepare the chimichurri sauce. Add all sauce ingredients except the olive oil to a food processor. Pulse a few times until chopped. Slowly stream in the olive oil, while pulsing the mixture a few more times until the olive oil is combined, and stopping to scrape down the sides of the food processor if needed.

### **How to Package:**

- Place 1 cup of cooked rice or quinoa into each of the 16 individual meal prep containers
- Divide chicken and veggies evenly on top of the rice
- Pour chimichurri sauce into individual plastic condiment containers, do not overfill, and put on lid. Nestle condiment container in corner of rice/chicken/veggies.
- Cover meal prep container and place Meal of Love label on top.

### **Reheating Instructions:**

Microwave for 3 minutes