



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.

GUIDELINES:

- All Prep a Meal of Love volunteers must be scheduled in advance. Our Volunteer Kitchen is open Monday through Friday between the hours of 2pm and 6pm. Please email 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 six volunteers.
- Volunteers must be 16 years old and above, fully vaccinated against COVID-19. Provide 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 while indoors.
- Food safety gloves, hairnets, or hats 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 25 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!

Freezer Breakfast Burritos

www.skinnytaste.com

Estimated Prep and Cook Time	Servings
60 minutes	25 burritos

Ingredients

- 3 packages center cut bacon
- 40 large eggs (beaten)
- 14 scallions (chopped)
- 4 red bell peppers (diced)
- 2 ½ teaspoons salt
- 3 cups shredded cheddar or pepper jack cheese
- 25 (10 inch) flour tortillas

Supplies

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

Beef Burritos

www.skinnytaste.com

Estimated Prep and Cook Time	Servings
90 minutes	25 burritos

Ingredients

Burrito Seasoning:

- 2 to 3 Taco Seasoning packets
- 1/2tsp cayenne pepper (optional)

Beef:

- 1 1/2 tbsp. olive oil
- 6 garlic cloves
- 1 1/2 onion, finely chopped
- 3 lb beef mince (ground beef)
- 2/3 cup of water

Burritos:

- 25 large soft flour or wheat tortillas
- 10 cups cooked rice
- 10 cups iceberg lettuce or cabbage, finely sliced
- 3 cups corn kernels
- 3 cups black beans
- 10 tomatoes, deseeded and diced
- 1 1/2 red onion, finely chopped
- Finely chopped coriander/cilantro (optional)
- 5 cups shredded cheese of choice

Supplies

- 25 pieces of Heavy-Duty Aluminum Foil (cut 10 x 12 inches each)
- Quart-size Ziploc bags
- Large mixing bowl
- Three large skillet

Directions

Heat oil in a skillet over high heat. Add garlic and onion, cook for 2 minutes until onion is lightly browned. Add beef and cook, breaking it up as you go, until it turns from red to brown.



Add Taco Seasoning (or use 2-3 packets of store bought) and cook for 1 minute. Then add water, cook for 3 minutes until the water is mostly evaporated but the beef is still juicy, not dried out. Set aside to cool for 10 minutes – piping hot filling will steam the burrito, making the tortilla soggy.

Optional: If not warming rolled burrito, warm the tortillas before rolling.

Place a burrito on a work surface. Place 1/4 - 1/3 cup of rice just below the center. Top with 1/4 - 1/3 cup beef, then some lettuce, corn, black beans, tomato, a sprinkle of red onion, coriander, and cheese.

Fold up the bottom to cover the filling then fold the edges in (video helpful to see how to do this). Roll up tightly, then wrap in foil. Serve as is or heat per below.

HEATING: To warm through, pan fry (dry pan) in the foil over medium-high heat for a few minutes on each side to slightly crisp and warm the outside. Or for 10+ minutes on a medium-low heat if you want to melt the cheese. Or they can be baked at 180C/350F for 20 minutes in the foil – this will warm them all the way through and crisp up the tortilla slightly. If they are straight from the fridge, they will take around 30 minutes to warm through.

Burritos are best served with sour cream.

Baked Ziti

www.simplyrecipes.com

Estimated Prep and Cook Time	Servings
90 minutes	25 slices

Ingredients:

- 2 ½ pounds ziti (can sub penne) pasta
- 2 ½ tablespoons extra virgin olive oil
- 2 ½ pounds bulk Italian sausage, or ground beef or pork
- 3 large onions, chopped
- 8 cloves garlic, chopped
- 3 tablespoon fresh rosemary (or basil), minced
- 3 tablespoon Italian seasoning
- 2 teaspoon red pepper flakes
- 2 ½ (32 ounce) jars marinara sauce
- Salt and pepper to taste
- 1 ½ pound mozzarella cheese, grated or shredded
- 2 ¼ heaping cups ricotta cheese
- 2 ¼ cups grated Parmesan or pecorino cheese

Supplies:

- 3 (9x13 inch) casserole pans
- 12 aluminum (8.5x5 inch) aluminum food containers
- Large pot
- Two large sauté 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.

Pepper Steak with Rice and Broccoli

www.skinnytaste.com

Estimated Prep and Cook Time	Servings
60 minutes	25 servings

Ingredients:

- 12 - 14 oz top round beef (trimmed)
- Soy sauce
- 6 tbsp rice wine
- 1/2 cup cornstarch
- 6 tbsp vegetable oil
- 6 large onions (sliced into thin strips)
- 6 bell peppers (sliced into thin strips)
- 3 tsp black pepper
- crushed red pepper flakes (optional)
- 7 cups dry white or brown rice
- 6 heads of broccoli (cut into florets)

Supplies:

- 2 Large skillets or wok
- Small mixing bowl
- 3 large sheet trays
- Pot or rice cooker
- 25 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, 1/4 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

Arroz con Pollo (Chicken and Rice)

www.skinnytaste.com

Estimated Prep and Cook Time	Servings
75 minutes	25 servings

Ingredients:

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



Supplies:

- 3 Large Skillets
- Food processor
- 25 plastic food prep containers

Directions

Season chicken with vinegar, 3 tsp sazón, adobo and garlic powder and let it sit for 10 minutes.

Heat three large deep, heavy skillets on medium, add 2 tsp oil when hot.

Add chicken evenly between three skillets and brown 5 minutes on each side. Remove and set aside.

Place onion, cilantro, garlic, scallions and pepper in food processor. Alternatively, chop all together until finely diced.

Add remaining teaspoon of olive oil to each skillet and sauté evenly distributed onion mixture on medium- low until soft, about 3 minutes.

Add tomato to each skillet, cook another minute. Add rice, mix well and cook another minute.

Add water, bouillon (be sure it dissolves well) and remaining sazón, scraping up any browned bits from the bottom of the pot.

Add 6-8 pieces of chicken to each skillet 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).

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



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Summer Grilling Recipes

Grilled Hamburgers

www.yellowblissroad.com

Estimated Prep and Cook Time	Servings
45 minutes	25 servings

Ingredients:

- 9 LB ground beef, or choice of ground meat
- 3 teaspoon salt
- 3 teaspoon pepper
- 12 teaspoons olive oil

Supplies:

- BBQ Supply Bucket
- 2 to 3 serving trays
- Meal prep containers

Directions:

Preheat an outdoor grill to medium-high heat (about 450 degrees).

Place the ground beef in a large bowl and sprinkle on the salt, pepper, and olive oil. Mash the meat with clean hands several times until combined.

Again using your hands, form 25 equal-sized patties from the ground beef. They will shrink up quite a bit on the grill, so you want to make them fairly large, about 4" across and less than an inch thick. Use your thumb to make an indentation in the center of the patty.

Place patties directly over the heat, indent side up. Close the lid and grill for about 4 minutes per side. The actual cooking time will vary depending on the size and thickness of your burgers, and the heat of the grill. The internal temperature of the meat should be at least 160 degrees F. Top burger with cheese during the last 1-2 minutes if desired.

Transfer hamburgers to a clean plate and cover with foil (optional) to rest for at least 5 minutes before serving.



Grilled Steak Fajitas

therecipecritic.com

Estimated Prep and Cook Time	Servings
45 minutes	25 servings

Ingredients:

- 5 to 6 LB Flank Steak
- 6 large limes
- ½ cup of water
- 2 tbsp. olive oil
- 9 large garlic cloves, grated
- 3 tbsp. chili powder
- 6 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cayenne pepper (optional)
- 6 tsp salt
- 1 tsp paprika
- 6 large bell peppers, sliced
- 3 medium onions, sliced
- 25 flour tortillas



Supplies:

- BBQ Supply Bucket
- 2 to 3 serving trays
- Meal prep containers

Directions:

Add flank steak to a large plastic ziplock bag. Add lime juice, 1/4 cup olive oil, chili powder, cumin, garlic powder, and cayenne to the bag as well. Zip up. Massage marinade into meat.

Preheat the grill to a high heat - about 450 degrees. Place a grill pan or sheet on one side of the grill. Once the steak has marinated, remove and sprinkle with 1 1/2 teaspoons of salt on both sides. Add the peppers and onions to a medium bowl. Toss with remaining 2 tablespoons olive oil. Season with remaining 1/2 teaspoon salt and a little bit of pepper.

Add the pepper to the grill. Cook for 3-4 minutes and then add steak on the uncovered side of the grill. Use tongs to toss the peppers. Close the grill. Let the steak cook for about 4 minutes. Use tongs to flip the steak over. Toss the peppers again. If they are charred enough, remove from the grill.

Cook the steak another 3-4 minutes or until it reaches your desired doneness. (For skirt steak you really want medium-rare to medium which is an internal temperature of 140-145 degrees. It will increase 5 degrees as it rests. Remove the steak and peppers from the grill. Let the steak rest for 10 minutes.

Use a sharp knife to cut the steak against the grain into thin slices. Serve in warm tortillas with your favorite toppings.

Grilled Fish Tacos

therecipecritic.com

Estimated Prep and Cook Time	Servings
35 minutes	25 servings

Ingredients:

- 6 LB white fish fillets (Tilapia)
- Salt and Pepper
- 12 tbsp.oil (Vegetable or Canola)
- 6 small limes
- 6 garlic cloves
- 9 tbsp. chili powder
- 6 tbsp. ground cumin
- 3 tbsp. paprika
- 1 ½ tbsp. cayenne (optional)
- 1 head of cabbage, shredded
- 50 white corn tortillas

Supplies:

- BBQ Bucket
- 2 to 3 serving trays
- Meal prep containers

Fish Taco Sauce (Optional):

- 3 cups of sour cream
- 2 cups mayonnaise
- 6 small limes
- 3 teaspoon garlic powder
- 3 teaspoons cumin
- 1 ½ teaspoon salt
- 6 teaspoons hot sauce. (Tapatio, Sriracha)



Directions:

In a mixing bowl whisk together the oil, lime juice, garlic, chili powder, cumin, paprika, and cayenne.

Add fish to a large ziplock bag and pour the marinade over fish. Seal bag and allow fish to marinate for 5 to 10 minutes.

Preheat grill to medium-high heat. Brush grill grates with oil and grill fish filets for about 3-4minutes on each side (cook time will vary depending on thickness of fish), flipping only once.

Add the corn tortillas to the grill and warm for about 15 seconds on each side.

Transfer fish to a plate and allow to rest for a few minutes before gently breaking into pieces.

Serve on warm tortillas, topped with cabbage.