



Ronald McDonald
House Charities®
Richmond

OFF-SITE OPPORTUNITIES

Family Meal Kits

Family Meal Kits provide families with an easy dinner option that includes all the necessary ingredients and instructions to prepare a simple one pot meal. This is a great option for families because it can be prepared in minimal time, while still providing a delicious and filling meal.

Here are some guidelines to help you prepare:

- Volunteers purchase all ingredients to put together a recipe (see options on page 2-3).
- For each meal, all ingredients must be packaged in a clear gallon-sized Ziploc bag.
- Please label each item with its expiration date. Then label the Ziploc bag with the month and year of the item that expires first.
- Please include the printed recipe and a **crockpot liner** in each meal kit.

What kinds of food should/should not be included:

- All food items must be non-perishable, unopened, and store bought.
- Please ensure all food item expiration dates are at least 2 months out from the date of donation.
- **Please do not include any glass bottles/jars or breakable containers within the meal kits.**

Before you start packing, use a permanent marker to label every item with its expiration date. Then label the Ziploc bag with the month and year of the item that expires first. This will allow staff to use and distribute Family Meal Kits before they expire.



Donations can be dropped off at the Ronald McDonald House on Monument any day between 9am-9pm.

Questions? Contact us at volunteerservices@rmhc-richmond.org.

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www.rmhc-richmond.org • (804) 355-6517 • 2330 Monument Avenue, Richmond, VA 23220



Family Meal Kits Recipes

Herb & Butter Chicken w/ Rice

Ingredients:

- 2 x 5.4 oz packets of Herb & Butter Rice
- 2 x 10.5 oz cans of Cream of Chicken Soup
- 10.5 oz can chicken broth
- 2 x 4.5 oz cans of chicken breast (drained)
- 8.5 oz can of mixed vegetables (drained)



Instructions:

- Add two packets of Herb & Butter rice packets into crockpot
- Add in both cans of Cream of Chicken soup
- Pour in entire can of chicken broth and mix
- Drain 2 cans of chicken and add into crockpot
- Drain can of mixed vegetables and add into crockpot
- Season with salt and pepper or to your liking
- Cook on high for about 3 hours and 30 minutes and enjoy!

Quinoa Chili

Ingredients:

- 8.5 oz packet of microwavable quinoa
- 15 oz can of black beans (drained and rinsed)
- 15 oz can of pinto beans (drained and rinsed)
- 15 oz can fire roasted tomatoes
- 10 oz can diced tomatoes with green chilies
- 15 oz can of corn (drained)
- 2 x 14 oz can of vegetable broth
- 1.25 oz packet of chili seasoning mix



Instructions:

- Begin by adding uncooked quinoa into crockpot
- Drain and rinse black beans and pinto beans and add into crockpot
- Add in fire roasted tomatoes and the diced tomatoes with green chilies
- Add in drained can of corn
- Measure out 3 cups of vegetable broth and pour into crockpot
- Add in packet of chili seasoning and mix until all ingredients are well combined
- Cook on high for 3 hours and enjoy!

Chicken & Mushroom Pasta

Ingredients:

- 2 x 4.5 oz cans of chicken breast (drained)
- 24 oz can pasta sauce
- 16 oz box of pasta (elbow, penne, or farfalle)
- 16 oz block of Velveeta cheese
- 2 x 4 oz cans of mushroom (drained)



Instructions:

- Drain and add both cans of chicken breast into crockpot
- Add in 24 oz can of pasta sauce
- Drain and add in both cans of mushrooms into crockpot
- Mix well and add block of Velveeta into crockpot
- Cover and cook on high for 2 hours
- To prepare pasta:
 - Add uncooked pasta into large microwave safe bowl
 - Pour cold water over pasta, until pasta is completely covered
 - Microwave on high for amount stated on box, then microwave for an additional 3 minutes
 - After completely cooked, drain water
- Add in cooked pasta into crockpot mixture
- Mix well and enjoy!

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Family Meal Kits Recipes (Cont.)

South Asian Chickpeas/Chicken w/ Rice

Ingredients:

- 2 x 15.5oz cans chickpeas or 3 10oz cans chicken
- 2 x 15oz cans potatoes
- 2 x 13oz pouch tikka masala or Thai yellow curry simmer sauce (no glass jars please)
- 2 x 9oz pack microwavable basmati (or similar) rice



Instructions:

- Drain the chickpeas and potatoes. Do not drain for the chicken option.
- Add chickpeas/chicken, potatoes, and sauce to a crockpot and stir to combine.
- Cook on high for 2 hours or low for 4 hours.
- When crockpot meal is hot, prepare rice according to package directions.
- Serve saucy protein and potatoes over rice and enjoy!

7 Can Soup

Ingredients:

- 1 x 15oz can no bean chili
- 1 x 15oz can ranch style beans
- 1 x 10.5oz can cheddar cheese soup
- 1 x 15oz can corn
- 1 x 15oz can mixed vegetables
- 1 x 10oz can original or mild Rotel tomatoes
- 1 x 15oz can diced tomatoes



Instructions:

- Add the contents of all 7 cans to a crockpot, stir to combine.
- Cook on high for 2 hours or low for 4 hours, stirring occasionally.
- When hot, enjoy as is or over rice.

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