



**Ronald McDonald
House Charities®
Richmond**

OFFSITE 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 their desired choice of a recipe (see page 2).
- For each meal, all ingredients must be packaged in a clear gallon-sized Ziploc bag.
- Please label the bag on the outside with the specific meal that is included.
- Along with the ingredients, please include clear instructions for the specific recipe to ensure families have clear direction to prepare the meal (can print page 2 with recipe).

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 ensure that one packaged meal contains at least 4 servings.
- Please do not include any glass bottles or breakable containers within the meal bags.

Before you start packing, look at the expiration dates for each of the items included in the bag, and please write the expiration dates on every item before packing. This will allow our staff to ensure we can use the Family Dinner Kit items before expiration.



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

To learn more about our offsite opportunities or to schedule a tour, please contact our Volunteer Coordinator, Stacey, at stacey@rmhc-richmond.org.

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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 or Tuna & Mushroom Pasta

Ingredients:

- 2 x 4.5 oz cans of chicken breast (drained) OR 2 x 5 oz cans of tuna (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!

Chicken Enchilada Bowl

Ingredients:

- 14 oz can vegetable broth
- 2 x 4.5 oz cans of chicken breast (drained)
- 10 oz can of enchilada sauce
- 15 oz can of black beans (rinsed and drained)
- 4 oz can of diced green chilies
- Salt and pepper to taste



Instructions:

- Begin by combining vegetable broth, uncooked quinoa, enchilada sauce, and diced green chilies
- Rinse and drain entire can of black beans and add into crockpot
- Add salt and pepper to taste
- Cook on low for 3-4 hours and enjoy!