

Meal Plan and Grocery List

Meal plan to serve approximately 100 people three meals a day, provided by Refugee Aid in Phoenix, Arizona.

Meal Plan:

- Breakfast – Breakfast casserole or Eggs, beans, corn tortillas, fruit, coffee
- Lunch – Chicken soup or stew
- Dinner – Chicken or Pork with rice, beans and tortillas,

Chicken and Rice Soup/Stew for 85

- 3 gallons combination water and chicken broth from chickens below (not canned)
 - 8 oz. Butter
 - 1 cup olive oil
 - 1/4 cup minced garlic (from Costco)
 - 2-3 chickens, skin and bone removed, meat cut into small pieces
 - 6 cups carrots, chopped or shredded
 - 5-6 large sweet white onions, chopped or shredded (from Costco)
 - 5 cups corn
 - 10-15 cups shredded veggies
 - 4 1/4 cups uncooked white rice
 - 3 cups dry pinto beans, soaked at least 5 hours
 - 2 TB. Plus 2 tsp. salt (to taste)
 - 1 tsp. black pepper (to taste)
 - 3-5 TB Italian seasoning to taste
1. Cover soaked beans with water plus 2 inches and boil until soft.
 2. Shred or chop onions. In a large saucepan over medium heat, melt the butter and oil, add the onions and garlic. Sauté. Shred or chop remaining veggies. Add all veggies, sauté and stir until partially cooked.
 3. Add water/broth, rice, salt, pepper, Italian seasoning. Bring to boil and then reduce to simmer. Cover and simmer for about 20 -30 minutes or until the rice is cooked. Should be a thick consistency. Add cooked beans and chicken.

If numbers are greater than expected at the shelter, add some water and salt to increase volume. Ask the site serving the meal to heat at low temperature because the soup will scorch if heated at a high temperature.

The soup can be stored in HFA 321 aluminum pans which can be purchased at most Costco stores. The matching aluminum lids can be purchased. One pan holds 3-1/2 quarts, which can feed 11-15 people, depending on the number of children. The pans can be frozen.

Please note it takes several hours to thaw the pan. It should be thawed in a refrigerator and not at room temperature.

Warning: You should become familiar with all food handling requirements before cooking and storing food in order to ensure the safety of the food. Please place a sign on each tin before delivering that says **“Serve immediately or store in refrigerator. Do not leave sitting at room temperature.”**

Sample shopping list for items needed to feed 100 people three meals, provided by Lutheran Social Services of the Southwest in Phoenix, Arizona.

- › 60 pounds uncooked chicken (15 whole chickens)
- › 16 dozen flour tortillas
- › 5 pounds grated cheddar cheese
- › 1 gallon of mild salsa or equivalent
- › 20 pounds of carrots
- › 14 pounds of tomatoes
- › 10 pounds of onions
- › 10 cans (15-ounce) of corn
- › 10 pounds of potatoes
- › 10 pounds of squash (any mix of zucchini, yellow, etc.)
- › 6 dry red punch mix (serves 40)
- › 3 gallons of milk
- › 5 pounds of sugar
- › 28 large cans (50-ounce) of condensed chicken noodle soup
- › 20 dozen eggs
- › 15 pounds of sausage
- › 3 pounds of oatmeal
- › 25 pounds of rice
- › 9 pounds of beans