



Ronald McDonald
House Charities®
Chicagoland & Northwest Indiana

Recipes From the Heart



BROUGHT TO YOU FROM THE VOLUNTEERS OF RMHC-CNI



Entrees and Sides



Apple Cinnamon French Toast



BY: Kyle, TAC MEMBER

INGREDIENTS:

1 cup brown sugar
1 stick (4oz) melted unsalted butter
3 tsp cinnamon
3 tart apples (peeled, cored, & sliced thin)
½ cup dried cranberries

1 loaf Italian bread (cut into 1" slices)
6 eggs
1 1/2 cup milk
1 tbs vanilla extract
9x13 baking dish



STEPS:

1. Mix the brown sugar, the melted butter, and 1 tsp of cinnamon in a 9x13 baking dish.
2. Toss in and coat the apples and the cranberries.
3. Spread out the mixture in the baking dish.
4. Arrange the bread slices on top of the mix.
5. Mix milk, eggs, vanilla, & 2 tsp of cinnamon in a mixing bowl.
6. Pour the wet mixture over the bread to soak completely.
7. Cover the baking dish with foil.
8. Place in refrigerator for 4-24 hours.
9. Bake in a preheated 375-degree oven while covered in foil for 45 minutes.
10. Uncover the dish and bake it for 5-10 more minutes.
11. Let stand for 5 minutes, then serve and enjoy!





Slow Cooker Chili

BY: CDH TAC MEMBER



INGREDIENTS:

4 lb lean Ground Beef (90/10 or 93/7)	2 tsp dried oregano
2 large onion 2 diced	3 tsp salt or to taste
6 garlic cloves minced	1 tsp black pepper
4 tsp cumin powder	30 oz black beans drained and rinsed
3 Tbsp chili powder	60 oz diced tomatoes with their juice
2 tsp garlic powder	60 oz kidney beans two 15oz cans, drained and rinsed
	20 oz diced tomatoes and green chilis with their juice
	60 oz tomato sauce

Servings 20

STEPS:

1. Place a large skillet over medium-high heat and sauté beef until it releases fat (4-5 minutes), breaking it up with a spatula.
2. Add onion to the skillet and sauté until tender (4-5 minutes). Add minced garlic and seasonings: cumin, chili powder, garlic powder, dried oregano, salt and pepper. Cook for another 30 seconds stirring constantly. Transfer to a 6 Qt slow cooker.
3. Add remaining ingredients into the slow cooker: rinsed and drained beans, diced tomatoes with their juice, diced tomatoes and green chilis with juice and tomato sauce. Cook on high for 3-4 hours or on low for 6-8 hours. Season to taste if desired and serve warm.



Taco Soup

BY: Andrew, 10 years old

INGREDIENTS:

3 pounds ground beef
1 envelope taco seasoning
1-1/2 cups water
1 can (16 ounces) mild chili beans,
undrained
1 can (15 ounces) pinto beans,
rinsed and drained

1 can (14-1/2 ounces) stewed
tomatoes
1 can (10 ounces) diced tomato Or
tomato paste
Paprika for seasoning
Tortilla chips and cheese for topping

STEPS:

1. Brown your ground beef in a pot.
2. Add in water, taco seasoning, both beans, and both tomatoes.
3. Cook for 15 minutes approximately.
4. Top with cheese and chips, enjoy!





Sweet N' Sour Chicken

BY: Kyle, TAC Member

INGREDIENTS:

6-8 skinless, boneless chicken breasts cut into 1-inch cubes	1 20oz can of pineapple chunks
Small touch of vegetable oil	1/4 cup white vinegar
2 eggs	3/4 cup ketchup
1 cup flour	1 1/2 tsp salt
3/4 cup sugar	1 Tbs soy sauce
1/2 cup pineapple juice	Sprinkle of garlic salt

STEPS:

1. Preheat Oven to 350 degrees
2. Sprinkle chicken breasts with garlic salt.
3. In a frying pan, add about a 1/2 inch of vegetable oil.
4. In a mixing bowl, beat 2 eggs. In a separate bowl, place enough flour to cover the bottom.
5. Dunk the pieces of chicken in the eggs (allow excess to drip off)
6. Set the egged chicken pieces into the flour coating thoroughly.





Olive Garden Chicken

BY: Kyle Szymanski, TAC Member

INGREDIENTS:

2 chicken breasts

2 cups of Olive Garden Italian dressing

1/4 cup grated Parmesan cheese

Pepper

8oz of cream cheese

A box of noodles

Slow cook crock pot



STEPS:

1. Place the chicken breasts, the Italian dressing, Parmesan cheese, pepper, and cream cheese into a crock pot.
2. Cook on low for 5 to 6 hours; always remember to test the temperature of the chicken!
3. About an hour or less before the chicken is done, start to boil noodles of your preference.
4. Once done, shred the chicken apart with two forks.
5. Add the noodles and the shredded chicken back into the pot and mix.
6. Add Parmesan cheese on top and enjoy!



Chicken Mozzarella Pizza

BY: Andrew, 10 years old

INGREDIENTS:

Pre made pizza crust

Honey

Mozzarella cheese

Garlic powder

Canned chicken or small pieces
of cooked chicken

STEPS:

1. Mix garlic powder with honey and spread evenly on pizza crust.
2. Add mozzarella (or Italian mixed cheese)
3. Place chicken on top
4. Bake for 350 degrees until done



Cheesy Chicken and Rice

BY: Andrew, 10 years old

INGREDIENTS:

Pack of Chicken tenderloins
90 second rice bags
Cheese of your choosing
Italian seasoning



STEPS:

1. Cook chicken with butter until done. Add Italian seasoning for flavor
2. Microwaved bags of rice. No more than two at a time
3. Mix together with chicken and add cheese. Add more seasoning if needed



Grandma's Mashed Potatoes

BY: Kyle, TAC MEMBER

INGREDIENTS:

2 Potatoes per person
Salt & Pepper
Butter

A pot that is safe for the stove
A mixing bowl
Garlic if desired



STEPS:

1. Peel all potatoes and slice them in quarters.
2. Put enough water in the pan to cover all of the potatoes.
3. Sprinkle a dash of salt around the pan.
4. Boil until the potatoes are nice and soft, you can test this with a fork.
5. Once potatoes are soft, drain the water out of the pan.
6. Transfer potatoes into a safe mixing bowl.
7. Use a mixer to mash potatoes, add a little salt and pepper while mixing.
8. Once mixed, add as much butter as desired, add a little at a time.
9. Finishing mashing all the contents in the bowl until potatoes are smooth and creamy.
10. Heat the potatoes and Enjoy!



Vegetable Pizza: Appetizer

BY: Kyle, TAC MEMBER

INGREDIENTS:

- 1 Pillsbury Crescent Roll
- 1 Package Softened Cream Cheese
- 1/3 cup Mayonnaise
- 1 Package of Hidden Valley Ranch Powder (1/4-1/2 of the bag) OR Regular Ranch Dressing

TOPPINGS:

- Chopper Broccoli
- Chopped Cauliflower
- Chopped Green Pepper
- Chopped Green Onion
- Shredded Carrots
- Halved Cherry Tomatoes
- Shredded Cheese of Your Choosing

STEPS:

1. Lay out crescent dough on a baking pan. (Bake according to the package directions)
2. Once dough is done cooking, let it cool for about 20-30 minutes.
3. Spread the cream cheese and packet mixture or the ranch dressing onto the dough.
4. Cut up the raw, washed vegetables and spread them out on the dough with spread on it.
5. Top with shredded cheese of your choice, refrigerate leftovers, and enjoy!





Pizza Mac and Cheese

BY: Andrew, 10 years old

INGREDIENTS:

1 box of kraft or similar brand Mac and cheese
Any ingredients needed to cook the Mac and cheese such as butter and milk
Pizza sauce
Italian seasoning
Pepperoni

STEPS:

Cook Macaroni and cheese as you normally would. Add pizza sauce and Italian seasoning at the end. Mix well. Top with pepperoni.

Mayonnaise and Mustard Chicken

BY: Andrew, 10 years old

INGREDIENTS:

- 1 bottle Mayo (you can also use ranch)
- 1 bottle of Mustard
- A package of chicken tenderloins
- Italian breadcrumbs or Ritz crackers

STEPS:

1. Mix some of the mayo and mustard in a small bowl until it is light yellow.
2. Spread mixture on each piece of chicken.
3. Sprinkle breadcrumbs or crushed crackers on top.
4. Bake at 350 degrees until done.





Kid Friendly Kabobs

BY: Andrew, 10 years old

INGREDIENTS:

Kabob stick

Grapes

Cheese cut into squares or cubes

Bologna or your choice of meat in small pieces

Pepperonis

Banana cut into small pieces

STEPS:

Place each of the ingredients on the stick in whatever order you choose.



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Desserts and Treats





BANANA BREAD

BY: CDH TAC MEMBER

INGREDIENTS:

1 cup all purpose flour

½ TSP baking soda

⅛ TSP salt

¼ cup butter

¼ cup and 2 TBSP brown sugar

1 beaten egg

1 cup and 2 TBSP mashed ripe
bananas



STEPS:

1. Preheat oven to 350 F
2. In large bowl, combine flour, baking soda and salt
3. In separate bowl, cream together butter and brown sugar
4. Stir in eggs and mashed bananas
5. Stir banana mixture into flour mixture
6. Bake for 60-65 minutes



BROWNIES WITH CARAMEL

BY: CDH TAC MEMBER

INGREDIENTS:

For Brownies

1 ½ cups all purpose flour
1 cup unsweetened cocoa powder
1 cup chocolate chips
2 sticks butter (softened)
3 eggs

1 ½ cups white sugar
1 ½ cups brown sugar
1 TBSP vanilla
1 TSP salt

For Caramel

Packaged soft caramels
Heavy cream



STEPS:

1. Cream butter with both sugars. Beat in eggs, one at a time, add vanilla
2. In separate bowl sift flour, cocoa, and salt
3. Blend dry ingredients into wet
4. Mix in chocolate chips
5. Pour into greased 13x9 inch pan
6. Bake at 350 for 35-45 minutes
7. Melt caramel in saucepan and a few tablespoons of heavy cream until smooth
8. Drizzle caramel on top of cooked cooled brownies



PEPPERMINT BARK



BY: CDH TAC MEMBER

INGREDIENTS:

Peppermint bark

Ingredients

12 oz semisweet chocolate chips

16 oz white chocolate chips

1/2 teaspoon peppermint extract

3/4 cup crushed candy canes



STEPS:

1. Put the chocolate chips in a bowl, microwave until melted, and stir until smooth
2. Spread the chocolate in a rectangle (roughly 9x13) on a piece of parchment paper (can put the parchment paper in a pan too if it's easier) and place the chocolate in the fridge for 15 minutes
3. Put the white chocolate chips in a bowl and microwave until melted. Once they are melted, add the peppermint extract and stir until smooth
4. Spread the white chocolate over the first chocolate layer. Then, sprinkle the crushed candy canes on top and leave in the fridge for 20 minutes.
5. Break the peppermint bark into pieces and enjoy!

GRANOLA

BY: CDH TAC MEMBER

INGREDIENTS:

1 cup crispy rice cereal
¼ cup honey
2 cups oats

⅓ brown sugar
2 TBSP chocolate chips
½ TSP vanilla
½ cup butter



STEPS:

1. Melt butter in pan, add honey, vanilla, and brown sugar
2. Mix it for 2 minutes
3. Add all the other ingredients
4. Prep dry ingredients in one bowl. (Oats and crispy rice cereal)
5. Add the butter into the pan. Once it is melted add the brown sugar
6. Once the sugar begins to blend with the butter add the honey and vanilla. (It should start to bubble but don't keep it the heat too hot otherwise it will burn. I would recommend medium heat or a little less)
7. Once that is mixed, add in the dry ingredients and turn the gas to all the way low.
8. Once that is mixed completely, put it into a separate dish and add the chocolate chips.





CARAMEL CHEX MIX

BY: CDH TAC MEMBER

INGREDIENTS:

¼ TSP salt

½ cup White Corn Syrup

2 cups Brown Sugar

1 cup Butter

½ TSP baking soda

17 ounces Corn Chex



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STEPS:

1. Bring to a boil: salt, corn syrup, brown sugar and butter.
2. Boil 1-1/2 minutes. Add 1/2 teaspoons soda.
3. Pour over the Chex cereal in brown paper bag.
4. Microwave 3-1/2 to 4 minutes.
5. Shake bag after each minute.
6. Spread on cookie sheet to cool.
7. Store in covered container.



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SUGAR COOKIES

BY: CDH TAC MEMBER

INGREDIENTS:

3 c. all-purpose flour, plus more for surface	1 c. (2 sticks) butter, softened
1 tsp. baking powder	1 c. granulated sugar
1/2 tsp. kosher salt	1 large egg
	1 tsp. pure vanilla extract
	1 tbsp. milk

STEPS:

1. In a large bowl, whisk together flour, baking powder, and salt and set aside.
2. In another large bowl, beat butter and sugar until fluffy and pale in color. Add egg, milk, and vanilla and beat until combined, then add flour mixture gradually until totally combined.
3. Shape into a disk and wrap in plastic. Refrigerate 1 hour.
4. When ready to roll, preheat oven to 350° and line two baking sheets with parchment paper.
5. Lightly flour a clean work surface and roll out dough until 1/8" thick.
6. Cut out shapes and transfer to prepared baking sheets.
7. Freeze 10 minutes (so your shapes hold while baking!).
8. Bake cookies until edges are lightly golden, 8 to 10 minutes.
9. Let cool, then frost and decorate as desired.





Kris Kringle

BY: CDH TAC MEMBER



INGREDIENTS:

- 1 cup of Sugar
- 1 Cup of Karo Light Corn Syrup
- 1 Cup of Peanut Butter
- 6 cups of Rice Krispies Cereal
- 1 Cup of Semi-Sweet Mini Morsel
- 1 Cup of Butterscotch Morsels

STEPS:

1. In a medium saucepan combine a cup of sugar and a cup of Karo Light Corn Syrup and stir on medium heat until it starts to boil.
2. Remove from heat and combine a cup of peanut butter into the saucepan and stir until mixed well.
3. Then add 6 cups of Rice Krispies cereal brand into the saucepan and mix well.
4. Pour the mixture into a 13x9x2 in. grease pan coated with cooking spray. Use a cold spatula or spoon to spread evenly in the grease pan.
5. Cover the grease pan with a piece of wax paper and put it into the refrigerator for 1 hour to chill.
6. After 1 hour, take the grease pan out of the refrigerator and prepare the topping.
7. For the topping, combine a cup of Nestlé semi-sweet mini morsels and a cup of
8. Nestlé butterscotch morsels into a double boiler on medium heat for 45 minutes until melted.
9. When melted, spread topping on top of the Rice Krispies mixture in the grease pan and spread evenly on top.
10. Put in the refrigerator for an hour until the topping is hard, then cut into bite size pieces and enjoy.



BUTTERCREAM FROSTING and ICING

BY: CDH TAC MEMBER

INGREDIENTS FOR FROSTING:

1 c. (2 sticks) butter, softened
5 c. powdered sugar
1/4 c. heavy cream
1/2 tsp. pure almond extract
1/4 tsp. kosher salt
Food coloring

STEPS FOR FROSTING:

1. In a large bowl using a hand mixer, beat butter until smooth.
2. Add powdered sugar and beat until no lumps remain.
3. Add cream, almond extract, and salt and beat until combined.

INGREDIENTS FOR ICING:

3 c. powdered sugar
1/4 c. light corn syrup
1/4 c. milk, plus more for thinning
1/4 tsp. almond (or pure vanilla)
extract

STEPS FOR ICING:

1. In a medium bowl stir together powdered sugar, corn syrup, milk, and almond extract.
2. Add milk a teaspoon at a time to thin, if necessary.



Pretzel Treats

INGREDIENTS:

- 1 bag of mini square pretzels
- 2 bags of rolos
- 1 bag of M&Ms

STEPS:

1. Preheat the oven to 350 degrees
2. Line a pan with parchment paper and spread out on layer of pretzels
3. Place an unwrapped rolo on top of the pretzel
4. Bake for about three minutes, until the rolos start to soften
5. Take the treats out of the oven and immediately press an M&M on top of every rolo
6. Let them cool and enjoy :)





No Bake Banana Split Dessert: Ingredients

BY: Morgan, TAC MEMBER

INGREDIENTS FOR THE CREAM CHEESE

LAYER:

- 12 oz cream cheese at room temperature
- ¼ cup granulated sugar
- 8 oz Cool Whip

INGREDIENTS FOR FRUIT AND TOPPINGS:

- 3 to 4 sliced bananas sliced
- 20 oz canned crushed pineapple, drained well
- 16 oz strawberries hulled and sliced
- 8 oz Cool Whip
- ½ cup walnuts, chopped
- Chocolate syrup
- Maraschino cherries

INGREDIENTS FOR THE CRUST:

- 2 cups graham cracker crumbs
- ½ cup unsalted butter, melted

Servings 12 to 16



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No Bake Banana Split Dessert: Steps

BY: Morgan, TAC MEMBER

STEPS:

1. Grease a 9x13 inch baking dish; set aside.
2. In a medium bowl, mix the graham cracker crumbs and melted butter with a fork, stirring until all of the crumbs are evenly moistened. Dump the crumbs into the prepared pan and press into an even layer. Refrigerate while you prepare the next layer.
3. In a medium bowl, mix together the cream cheese and sugar on medium speed until light and fluffy, about 3 minutes. Using a rubber spatula, fold in the Cool Whip until thoroughly combined. Spread the cream cheese mixture on top of the graham cracker crust.
4. Arrange the banana slices in a single layer on top of the cream cheese filling, top with an even layer of the crushed pineapple, and then an even layer of the sliced strawberries.
5. Cover with the Cool Whip, smoothing the top. Sprinkle with the chopped walnuts, then drizzle with chocolate syrup and top with the maraschino cherries. Refrigerate for at least 4 hours, or overnight. Leftovers can be stored, covered, in the refrigerator for up to 4 days.

Servings 12 to 16



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Cinnamon Apples

BY: Katie, TAC MEMBER

INGREDIENTS:

- 1 cup cinnamon hearts
- 2 2/3 cups boiling water
- ½ cup sugar
- 2–3-pound bag of apples (Jonathon apples preferred)

STEPS:

1. Dissolve candy in boiling water
2. Add apples (peeled and cut in halves or quarters) simmering until tender-turning often: takes about 8-10 minutes
3. Remove apples to bowl
4. Add sugar to syrup
5. Boil 3 minutes and pour over apples, turning to glaze apples.





Crazy Good Snack Mix

BY: Kyle, TAC MEMBER

INGREDIENTS:

1 ½ sticks of butter
1 cup of light Karo Syrup
1 cup brown sugar
1 small can of nuts
A bag of pretzels

A box of Chex cereal (12.5 ounces)
2 large bags of M&M's
Dashes of powdered sugar if desired



STEPS:

1. In a saucepan, heat up butter, syrup, and sugar until the mixture begins to softly bubble.
2. In a roasting pan, place the pretzels, Chex cereal, and nuts; stir together.
3. Add the hot mixture to the pan and stir together.
4. Place the pan in a 275-degree oven and bake for 45 minutes; stirring about every 15 minutes.
5. Once baked, pour the mixture onto a sheet of wax paper to let it cool.
6. Once cooled completely, break it up in small chunks as you set it into a bowl; layer with M&M's.



Peppermint Cream Cheese Cookies: Steps

BY: Katie, TAC MEMBER

Servings 44 cookies

INGREDIENTS:

8 oz cream cheese (room temperature)

½ cup butter (room temperature)

1 teaspoon vanilla extract

Red and green food coloring

1 ¼ cup granulated sugar

2 teaspoons baking powder

2 ½ cups flour

2 teaspoon salt

2 eggs

2 teaspoon peppermint extract

Optional: powdered sugar





Peppermint Cream Cheese Cookies: Steps

BY: Katie, TAC MEMBER

STEPS:

1. Preheat oven to 350 degrees F. Line 2 baking sheets with parchment paper or silicone mats.
2. Beat cream cheese and butter together at high speed until fluffy and smooth; 1-2 minutes. Add sugar to the butter mixture and beat until fully incorporated and fluffy; 1-2 minutes. Beat in the eggs and vanilla; 1 minute.
3. In a separate, medium-sized bowl, whisk together the flour, baking powder and salt. Gradually add the dry ingredients to the butter mixture and stir just until incorporated. Do not over-mix.
4. Separate the dough into three small bowls. Refrigerate for 15 minutes.
5. Once chilled, add in food coloring and incorporate into the dough until your desired color is reached. Add the peppermint extract to the dough you'll be adding the green food coloring to. Dough will still be sticky, but easier to work with! If you find it's hard to work with, put back in the refrigerator for a few minutes.
6. To create a cookie, take ½ tbsp of each color dough into your hands and together between the palms of your hands to create the marbling effect of your choice. Be careful to not incorporate to avoid mixing the colors too much. Repeat for the rest of the dough and place on prepared baking sheets.
7. Bake at 350 degrees for 10-11 minutes. Cookies should be light in color, not browned, and just starting to brown on the bottom. *Length of baking time may vary from oven to oven.
8. Cool cookies on the baking sheet for a few minutes before transferring to a wire rack to cool completely.
9. Optional: Dust with powdered sugar!