GENERAL

# easy meals for 30 people

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## Introduction

Planning a meal for a large gathering can feel overwhelming, especially when you're juggling time, budget, and the desire to impress. Whether you're hosting a birthday celebration, a corporate lunch, or a community potluck, the goal is the same: create delicious, satisfying dishes that feed everyone without turning the kitchen into a chaotic mess. The secret to success lies in choosing **easy meals for 30 people** that can be prepared in bulk, require minimal hands on time, and still taste fresh and flavorful. This guide walks you through menu planning, budget management, recipe ideas, and practical serving tips so you can focus on enjoying the event rather than scrambling in the kitchen.

## Planning Your Menu for 30

Before you even pick a recipe, consider the following foundational steps that streamline the entire process.

- Determine the Occasion – Casual backyard barbecue, formal dinner, or a themed party will influence your dish choices.
- Know Your Guests – Gather information on dietary preferences, allergies, and any special restrictions.
- Set a Realistic Budget – Allocate funds for proteins, sides, desserts, and drinks, leaving a buffer for unexpected extras.
- Choose a Cooking Method – Opt for stovetop, oven, slow cooker, or grill dishes that can handle large quantities.
- Plan for Leftovers – Design dishes that taste great the next day, reducing waste and maximizing value.

### Balancing Flavors and Textures

A well structured menu pairs proteins with hearty sides, offers a sweet finish, and includes a variety of textures. Think of a protein that can be served hot or at room temperature, a side that stays crisp, a dessert that isn't too heavy, and a beverage selection that refreshes.

### Timing is Everything

Draft a timeline that starts with prep work days before the event, followed by cooking the night before or the morning of. Use a master checklist to keep track of each dish's cooking window, allowing you to stagger tasks and avoid last minute rushes.

## Budget Friendly Options for a Large Group

Feeding 30 people doesn't have to break the bank. With careful ingredient choices and smart substitutions, you can create a satisfying spread that stays within your financial limits.

- Bulk Buying – Purchase staples like rice, pasta, beans, and frozen vegetables in bulk to reduce unit cost.
- Seasonal Produce – Use in season fruits and vegetables that are cheaper and fresher.
- Protein Mix and Match – Combine a cost effective protein (e.g., chicken thighs or lentils) with a more premium option (e.g., salmon) to balance quality and price.
- Homemade Sauces – Create sauces in large batches; they're often cheaper than pre made versions.
- Reusable Containers – Use large, reusable serving dishes to reduce packaging waste and cost.

## Quick & Simple Main Dishes

For a crowd, the main dish should be both filling and straightforward to prepare. Below are three versatile recipes that scale easily and keep prep time short.

### 1. One  Pot Chicken and Rice

This comforting dish requires just one pot, reducing cleanup and ensuring even cooking.

1. Heat 3 tablespoons olive oil in a large stockpot over medium heat.
2. Add 4 pounds of bone  in, skin  on chicken thighs and brown on all sides (about 8 minutes).
3. Remove the chicken and set aside. In the same pot, sauté 2 diced onions, 3 minced garlic cloves, and 1 cup diced carrots until softened.
4. Stir in 4 cups long  grain rice, coating it with the aromatics for 2 minutes.
5. Return the chicken to the pot, add 8 cups low  sodium chicken broth, 1 cup diced tomatoes, and season with salt, pepper, and 2 teaspoons dried thyme.
6. Bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes.
7. Remove the lid, fluff the rice, and stir in 1 cup frozen peas. Cover again and cook for an additional 5 minutes.
8. Serve with a side of crusty bread.

### 2. Slow  Cooked Beef Chili

Chili is a crowd  pleaser that can be made in a slow cooker or pressure cooker, freeing up your stovetop.

1. In a large skillet, brown 3 pounds ground beef or a mixture of beef and pork.
2. Transfer the meat to a 6  quart slow cooker and add 2 cans (28 ounces each) diced tomatoes, 2 cans kidney beans (drained), 1 can black beans, 1 diced bell pepper, 1 diced onion, 3 minced garlic cloves, 2 tablespoons chili powder, 1 tablespoon cumin, 1 teaspoon smoked paprika, and 1 teaspoon salt.
3. Fill the slow cooker with 2 cups beef broth, stir gently, and cover.
4. Cook on low for 8 hours or on high for 4 hours.
5. Just before serving, stir in 1 cup shredded cheddar cheese and 1/4 cup fresh cilantro.
6. Offer toppings like sour cream, sliced jalapeños, and chopped green onions.

### 3. Sheet  Pan Lemon  Herb Salmon

For a lighter protein option, salmon cooks quickly on a sheet pan, and the lemon  herb glaze adds brightness.

1. Preheat the oven to 425°F (220°C).
2. Arrange 12 salmon fillets on a large sheet pan lined with parchment paper.
3. In a bowl, whisk together 1/4 cup olive oil, the juice of 2 lemons, 4 minced garlic cloves, 2 tablespoons chopped fresh dill, 2 tablespoons chopped fresh parsley, salt, and pepper.
4. Brush the glaze over each fillet, then drizzle the remaining mixture over the pan.
5. Roast for 12–15 minutes, or until the fish flakes easily with a fork.
6. Serve with a side of quinoa or roasted vegetables.

## Easy Side Dishes That Complement Any Main

Sides should be simple, scalable, and capable of standing up to the main course. The following ideas work well with any of the main dishes above.

### 1. Roasted Vegetable Medley

Mix seasonal veggies for a colorful, nutritious side.

- Preheat oven to 400°F (200°C).
- Combine 4 cups chopped carrots, 4 cups chopped broccoli florets, 4 cups sliced zucchini, 2 cups halved cherry tomatoes, and 1 cup sliced red onion.
- Drizzle with 1/4 cup olive oil, sprinkle with salt, pepper, and 2 teaspoons dried oregano.
- Spread on a sheet pan and roast for 25–30 minutes, tossing halfway through.

### 2. Creamy Garlic Mashed Potatoes

Potatoes are comforting and inexpensive.

- Boil 10 pounds of peeled, cubed potatoes until tender (about 20 minutes).
- Drain and return to the pot. Add 1 cup heavy cream, 1/2 cup unsalted butter, 4 minced garlic cloves, salt, and pepper.
- Mash until smooth, then stir in 1/4 cup grated Parmesan for extra flavor.

### 3. Mediterranean Pasta Salad

A cold pasta dish that's easy to prepare in bulk.

- Cook 3 pounds of rotini pasta according to package instructions; drain and rinse under cold water.
- In a large bowl, combine the pasta with 2 cups diced cucumber, 1 cup halved cherry tomatoes, 1 cup diced red onion, 1 cup kalamata olives, and 1 cup crumbled feta cheese.
- Whisk together 1/2 cup olive oil, 1/4 cup red wine vinegar, 1 tablespoon dried oregano, salt, and pepper.
- Pour dressing over the salad, toss, and chill for at least 1 hour before serving.

## Simple Desserts That End on a Sweet Note

Dessert should be easy to assemble and appealing to a wide range of tastes. Try these crowd  pleasing options.

### 1. Sheet  Pan Chocolate Chip Cookies

These cookies bake in a single tray, making them perfect for large groups.

1. Preheat oven to 375°F (190°C) and line a large sheet pan with parchment paper.
2. In a bowl, whisk together 4 cups all  purpose flour, 1 teaspoon baking soda, and 1 teaspoon salt.
3. In another bowl, beat 2 cups softened butter, 1 cup brown sugar, and 1 cup white sugar until fluffy. Add 4 eggs, 2 teaspoons vanilla extract, and mix well.
4. Gradually fold in the dry ingredients, then stir in 4 cups chocolate chips.
5. Drop rounded tablespoonfuls onto the sheet pan, spacing them about 2 inches apart.
6. Bake for 10–12 minutes until edges are golden.
7. Let cool on the pan for 5 minutes before transferring to a wire rack.

### 2. No  Bake Cheesecake Cups

These individual servings are quick to assemble and require no oven.

- Crush 3 cups graham cracker crumbs and mix with 1 cup melted butter and 1/4 cup sugar. Press into the bottoms of 30 paper liners.
- In a blender, combine 4 cups cream cheese, 1 cup powdered sugar, 1 cup sour cream, and 1 teaspoon vanilla extract. Blend until smooth.
- Divide the cheesecake filling evenly among the crusts.
- Top each cup with a dollop of strawberry jam or fresh berries.
- Refrigerate for at least 2 hours before serving.

### 3. Fruit Skewers with Honey Yogurt Dip

Fresh fruit is light, refreshing, and easy to serve.

- Thread chunks of pineapple, melon, grapes, and strawberries onto skewers.
- In a bowl, whisk together 2 cups Greek yogurt, 1/4 cup honey, 1 tablespoon lemon zest, and a pinch of salt.
- Serve the fruit skewers with the yogurt dip on the side.

## Drinks & Beverages for a Large Gathering

Having a variety of drinks keeps guests hydrated and satisfied. Offer both alcoholic and non  alcoholic options

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