

AROUND THE WORLD AT THE FARMERS' MARKET

Recipes from San Diego's African and
Middle Eastern Community Cooks



Compiled by Leah's Pantry

In Collaboration with the International Rescue Committee
San Diego, United Women for East Africa Support Team
and UC San Diego—Center for Community Health

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Introduction

Around the World at the Farmers' Market is a partnership between the International Rescue Committee San Diego, United Women for East Africa Support Team, the UC San Diego Center for Community Health, and Leah's Pantry. Our aim is to present delicious, healthy, low-cost and culturally-competent recipes to be enjoyed by native San Diegans and our immigrant/refugee populations.

To develop the recipes for this cookbook, we recruited community members from El Cajon, CA and the City Heights neighborhood of San Diego, CA to develop vegetable-based recipes inspired by dishes from their native countries. These recipes will be used in education programs, community outreach and at dinner tables throughout the area. Over lively discussions and shared meals, the group used local San Diego produce to create traditional dishes from five distinct culinary regions: Iraq, Swahili-speaking East African Countries (Uganda, Congo, and Kenya.) Ethiopia and Eritrea, Somalia, and Arabic-speaking North African countries (Egypt and Morocco.)

The result is a delicious collection of healthy, simple dishes that people from any background will love. These recipes are found in English in this cookbook and can be found in Chinese and Spanish by visiting **Eatfresh.org**. Enjoy!



Servings: 6
Serving Size: 3/4 cup
Ready In: 40 min.

Swahili Tomato Salad



This simple tomato salad is delicious and refreshing.

Ingredients

- 2 limes, juiced
- 2 tablespoons vegetable oil
- 1/4 cup parsley, finely chopped
- 1 green chile pepper, seeds removed and chopped
- 1/2 teaspoon salt
- 5 tomatoes, diced
- 4 green onions, thinly sliced

Directions

1. In a large bowl, combine lime juice, oil, parsley, chile, and salt.
2. Add tomatoes and green onions. Stir to mix well.
3. Chill in the refrigerator for 30 minutes.

Chef's Tip

For extra flavor, combine 2 tablespoons peanut butter with the oil before adding to the tomatoes.

Nutrition Information per Serving

Total Calories: 55	Fiber: 2 g
Total Fat: 4 g	Protein: 1 g
Sat. Fat: 1 g	Sodium: 175 mg
Carbohydrates: 5 g	

Servings: 4
Serving Size: 1/2 cup
Ready In: 30 min.

Black-Eyed Peas in Coconut Milk



This satisfying dish is often eaten for breakfast in Swahili-speaking countries.

Ingredients

1 tablespoon vegetable oil
1/2 onion, chopped
1 teaspoon turmeric
1 green chile pepper, seeds removed and chopped
2 cloves garlic, chopped
1 can (15 oz.) black-eyed peas, drained and rinsed
1/3 cup unsweetened coconut milk
3/4 cup water
salt to taste

Directions

1. Heat oil in a skillet. Add onion and cook for 3 minutes.
2. Add turmeric, chili pepper and garlic. Cook for 2 minutes or until garlic is soft.
3. Add peas, coconut milk, water, and salt. Cover and cook on low for 15 minutes.

Chef's Tip

- Serve with rice or unleavened bread.
- This recipe is also delicious with pigeon peas, called *mbahazi*. Cans of these peas can be found in Mexican, Middle Eastern, Caribbean, or other international grocery stores.

Nutrition Information per Serving

Total Calories: 200	Fiber: 7 g
Total Fat: 8 g	Protein: 9 g
Sat. Fat: 4 g	Sodium: 555 mg
Carbohydrates: 25 g	



Preparation:
10 min.



Step 2: 2 min.



Step 3: 15 min.

Servings: 8
Serving Size: 1 cup
Ready In: 35 min.

Kenyan-Style Braised Greens with Tomatoes



This is a delicious way to get your leafy greens!

Ingredients

2 bunches kale or collard greens, about 2 lbs.
1 tablespoon vegetable oil
1 onion, chopped
1 teaspoon cumin
1/2 teaspoon ground coriander seed
1/2 teaspoon turmeric
2 large tomatoes, chopped
1 green chile pepper, seeds removed and diced (optional)
1 cup water
1 teaspoon salt »

Ingredients (continued)

black pepper to taste
2 tablespoons lemon juice (optional)

Directions

1. Chop the greens into 1-inch strips.
2. Heat oil in a pot. Add onion and cook for 8 minutes on medium heat.
3. Add cumin, coriander and turmeric. Add tomatoes and chile (if using). Stir and cook for 2 minutes.
4. Add the greens, salt and pepper. Stir.
5. Add 1 cup water and bring to a boil. Turn heat to low and cover. Cook until greens are tender, about 15 minutes.
6. Stir in lemon juice if desired. Serve hot.

Chef's Tip

- This recipe also works with beet greens.
- If desired, substitute 2 teaspoons curry powder for the ground spices.

Nutrition Information per Serving

Total Calories: 60 Fiber: 3 g
Total Fat: 2 g Protein: 3 g
Sat. Fat: 0.5 g Sodium: 324 mg
Carbohydrates: 9 g



Preparation:
10 min.



Step 4: 1 min.



Step 5: 15 min.



Servings: 6
 Serving Size: 1 cup
 Ready In: 1 h.

Eggplant & Potato Curry *Mchuzi wa Biringanya*



Prepare this hearty
 curry with or without
 coconut milk.

Ingredients (continued)

- 1 teaspoon salt
- black pepper to taste
- 1/2 cup unsweetened
coconut milk (optional)
- 4 tablespoons fresh
cilantro, chopped

Directions

1. Heat oil in a large pot. Add onions and cook until soft, about 5 minutes.
2. Add curry powder, garlic, ginger, and chili pepper. Cook for 3 minutes.
3. Add eggplant and potatoes. Cook for 5 minutes on medium heat.
4. Reduce heat to low. Cover and cook until potatoes are tender, about 20 minutes. Stir once or twice.
5. Add tomatoes and tomato paste. Add salt and pepper. Stir well.
6. Simmer for 5 minutes.
7. Stir in coconut milk, if using. Add cilantro and serve.

Ingredients

- 2 tablespoons vegetable oil
- 1/2 onion, chopped
- 1 teaspoon curry powder
- 1 clove garlic, minced
- 2 teaspoons grated
fresh ginger
- 1 green chili pepper, seeds
removed and chopped
- 1 small or 1/2 large
eggplant, chopped
- 1 potato, chopped small
- 1 large tomato, chopped
- 2 tablespoons tomato paste »

Nutrition Information per Serving

Total Calories: 220	Fiber: 6 g
Total Fat: 9 g	Protein: 5 g
Sat. Fat: 4 g	Sodium: 486 mg
Carbohydrates: 33 g	



Preparation:
20 min.



Step 2: 3 min.



Step 3: 5 min.

Servings: 8
Serving Size: 1 cup
Ready In: 30 min.

Cauliflower Soup



This traditional Moroccan soup is easy to make — a beautiful and delicious starter to any meal.

Ingredients

2 tablespoons olive oil
1/2 teaspoon nutmeg
1 large cauliflower, cut into small florets (about 3 lbs. whole or 10 cups cut)
6 cups low-sodium vegetable or chicken stock
1 teaspoon salt
white or black pepper, to taste
2 tablespoons chopped, fresh parsley, for garnish
lemon wedges

Directions

1. In a pot, heat oil and nutmeg. Cook on medium high for 1 minute.
2. Add the cauliflower, stock, salt, and pepper. Boil. Cover, reduce heat and cook on medium-low heat for about 20 minutes, or until cauliflower is tender. Uncover and cool.
3. With a blender, puree cauliflower and broth. Fill blender jar only 3/4 full for soup to expand. Blend until very smooth.
4. Rewarm soup over low heat. Sprinkle with parsley just before serving and serve with lemon wedges.

Nutrition Information per Serving

Total Calories: 91	Fiber: 3 g
Total Fat: 5 g	Protein: 5 g
Sat. Fat: 1 g	Sodium: 431 mg
Carbohydrates: 9 g	



Step 1: 1 min.



Step 2: 20 min.



Step 3: 5 min.

Servings: 6
Serving Size: 1 cup
Ready In: 40 min.

Egyptian Spinach Soup



This refreshing soup is served with yogurt and mint.

Ingredients

1 tablespoon olive oil
1 onion, finely chopped
1 clove garlic, minced
1/4 teaspoon turmeric
5 cups low-sodium vegetable or chicken stock
3 scallions, sliced thinly
1/4 cup basmati rice
1/2 teaspoon salt
black pepper, to taste
1 lb. spinach, washed
2 cups plain yogurt



Ingredients (continued)

1 teaspoon olive oil
2 garlic cloves, minced
mint leaves

Directions

1. Heat olive oil in a pan. Add onion and cook until soft, about 3 minutes.
2. Stir in garlic and turmeric. Cook 1 minute.
3. Add stock, scallions, garlic, rice, salt, and pepper. Cook on low for 15 to 20 minutes, or until the rice is mostly tender.
4. Cut any tough stems from the spinach and cut the leaves into thin ribbons. Add the spinach to the stock. Cook on low until they are tender and rice is cooked through, about 10 minutes.
5. Prepare a sauce: Stir together yogurt, garlic, and olive oil. Chop the mint and add.
6. Serve the soup hot or chilled. Top with a big spoonful of sauce or offer it on the side.

Nutrition Information per Serving

Total Calories: 98 Fiber: 6 g
Total Fat: 3 g Protein: 5 g
Sat. Fat: 1 g Sodium: 486 mg
Carbohydrates: 12 g



Step 3: 20 min.



Step 4: 15 min.



Step 5: 5 min.

Servings: 6
Serving Size: 1 1/4 cup
Ready In: 40 min.

Chicken Tagine with Olives and Artichoke Hearts



This dish is traditionally prepared in a clay pot called a *tagine*.

Ingredients

1 tablespoon olive oil
1 onion, cut into thin wedges
3 cloves garlic, minced
1 teaspoon ground coriander seed
1 pinch cayenne pepper
3 skinless, boneless chicken thighs, cut into 1x3-inch strips
1 1/2 cup low-sodium chicken or vegetable stock
1 cup minced fresh tomato or no-salt added tomato puree
2 carrots, chopped »

Ingredients (continued)

1 small potato, cut into eighths
1 teaspoon salt
1 1/2 cup fresh or frozen green peas (about 10 oz.)
1 (14-oz.) can artichoke hearts, rinsed and quartered
1/2 cup green olives, rinsed and drained
1 cup fresh cilantro, divided in half
1 tablespoon lemon juice

Directions

1. Heat olive oil in a large pot on medium heat. Add onion and cook until a little soft, about 3 minutes.
2. Stir in garlic, coriander, and cayenne. Cook about 2 minutes.

(continued on p. 17)

Chef's Tip

For a more complex flavor, add a teaspoon of chili powder and a dash of cinnamon.

Nutrition Information per Serving

Total Calories: 167 Fiber: 8 g
Total Fat: 5 g Protein: 13 g
Sat. Fat: 1 g Sodium: 543 mg
Carbohydrates: 21 g



Directions (continued)

3. Add chicken and cook until slightly golden, about 5 minutes.
4. Add stock, tomato puree, carrots, potato, and salt. Boil, then reduce heat to low and cook for 15 minutes.
5. Stir in peas, artichoke hearts, olives, and half the cilantro. Cook about 10 minutes, or until chicken is done.
6. Put tagine on a serving plate. Squeeze lemon juice and serve with couscous or brown rice.



Step 1: 5 min.



Step 3: 5 min.

Servings: 6
Serving Size: 1 cup
Ready In: 1 hr. 15 min.

Moroccan-Style Stuffed Peppers



Impress your dinner guests with these artistic, delicious peppers.

Ingredients

1 cup brown rice
2 1/2 cups low-sodium chicken stock or water
6 medium-to-large bell peppers, tops cut off and seeded
1 pound lean ground beef (90% or leaner)
2 tablespoons fresh, grated ginger or 1 1/2 teaspoon ground ginger
1 teaspoon turmeric
1/4 teaspoon cinnamon
1 pinch of safflower or saffron (optional) »

Ingredients (continued)

2 carrots, diced small
1/2 onion, diced small
4 cloves garlic, minced
3/4 teaspoon salt
1/4 teaspoon black pepper
2 cups low-sodium tomato sauce, divided in half
1/2 cup chopped fresh parsley
1/2 cup chopped fresh cilantro

Directions

1. Combine rice and water. Boil, then cover and cook on low for 20 minutes. Do not cook fully. Remove from heat. (Or microwave the rice and stock for 15 minutes.)
2. Heat a large, heavy skillet on medium heat. Add beef, ginger, turmeric, and cinnamon. Break up the meat with a spoon and cook until it is no longer pink, about 5 minutes.
3. Add carrots, onion, garlic, salt and pepper. Cook until vegetables are soft, about 5 minutes.

(continued on p. 19)

Nutrition Information per Serving

Total Calories: 322 Fiber: 7 g
Total Fat: 6 g Protein: 22 g
Sat. Fat: 2 g Sodium: 425 mg
Carbohydrates: 44 g



Directions (continued)

4. Stir in half of the tomato sauce and cook for 3 minutes. Remove from heat. Add the rice, parsley, and cilantro. Stir together gently.
6. Preheat oven to 375° F. Spoon the filling into the peppers. If needed, trim a thin slice from the bottom of each so it stands up.
7. Place peppers in a 9x12 baking dish. Spoon a little of the remaining sauce over each pepper.
8. Bake until peppers are tender, about 30 minutes. Cool slightly before serving.



Step 4: 5 min.



Step 6: 5 min.



Serving Size: Makes
about 1/4 cup
Ready In: 5 min.

Arabian Spice Blend

Khaltet Al-Tawabel Al-Arabia



This spice mix is an important ingredient in several Iraqi recipes.

Ingredients

- 1 tablespoon black pepper
- 1 tablespoon paprika
- 1 tablespoon cumin
- 1/2 tablespoon ground coriander seed
- 1/2 tablespoon ground cloves
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cardamom

Directions

1. Mix all ingredients well in a bowl.
2. Store in an airtight container.

Chef's Tip

- Ground coriander seed is an important part of several recipes in this book. It comes from the same plant as cilantro leaves. For this reason, cilantro leaves make a great garnish for any recipe including coriander seed.
- Try adding this spice mix to other savory recipes for stews, tomato-based soups, and even salad dressing.



Spice Guide

The spices used in this recipe, as well as fresh cilantro, are found in many of the dishes in this cookbook.



cloves



nutmeg



cardamom



coriander



cilantro



black pepper



paprika



cumin



cinnamon

Servings: 4
Serving Size: 3/4 cup
Ready In: 40 min.

Eggplant Salad

Salatet Al-Bathenjan



This tangy, flavorful Iraqi dish is a great use for eggplant.

Ingredients

2 small Chinese eggplants, or 1/2 large eggplant, cut into 1-inch pieces
3 tablespoons vegetable oil
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup water
2 tablespoons pomegranate or cranberry juice plus 1 tablespoon balsamic vinegar, or 2 tablespoons pomegranate syrup
1/2 bell pepper, seeded and chopped >>

Ingredients (continued)

1 small tomato, chopped
1/2 cup green onions, sliced
1 tablespoon lemon juice or 1 tablespoon sumac

Directions

1. In a skillet, heat oil over medium-high heat.
2. Add eggplant and 1/2 teaspoon of salt and pepper. Stir and flip eggplant to coat with oil.
3. When oil is absorbed, add 1/2 cup water and cook for 2 minutes. Flip eggplant, cover, and cook for 1 minute.
4. When eggplant is cooked, pour into a bowl. Add pomegranate syrup, tomato, bell peppers, and onion. Gently mix so eggplant does not get mushy.
5. Cover and chill for 20 minutes.
6. Sprinkle with lemon or sumac and remaining salt and pepper. Serve.

Nutrition Information per Serving

Total Calories: 163	Fiber: 3 g
Total Fat: 14 g	Protein: 2 g
Sat. Fat: 1 g	Sodium: 301 mg
Carbohydrates: 10 g	



Preparation:
10 min.



Step 2: 5 min.



Step 5: 20 min.

Servings: 4
Serving Size: about
3/4 cup
Ready In: 1 hr. 10 min.

Beet Salad

Salatet Al-Shamandar



This colorful, filling salad is easy to make and stores well.

Ingredients

1 pound fresh, whole beets
(about 4 medium beets)
3 tablespoons lemon juice
(about 1 large lemon)
3 tablespoons olive oil
1/2 teaspoon salt
ground black
pepper to taste
2 tablespoons chopped
fresh parsley

Directions

1. Place unpeeled beets in a pot. Add enough water to cover them.
2. Boil. Reduce heat and cook until tender, 20–30 minutes. Remove and cool.
3. Rub off peels using two paper towels. Cut beets into cubes and place in a bowl.
4. Add lemon juice, olive oil, salt and black pepper. Stir gently.
5. Cover and chill for 30 minutes.
6. Sprinkle with parsley before serving.

Chef's Tip

To microwave beets: Pierce each several times with a small knife. Place them in a bowl. Drizzle with 1 table-spoon water. Cover with a plate and cook on high until beets are tender. Check small beets after 5 minutes and large ones after 10 minutes.

Nutrition Information per Serving

Total Calories: 141	Fiber: 3 g
Total Fat: 10 g	Protein: 2 g
Sat. Fat: 1 g	Sodium: 387 mg
Carbohydrates: 12 g	



Step 2: 30 min.



Step 3: 10 min.



Step 4: 5 min.



Servings: 4
 Serving Size: about
 1 1/4 cup
 Ready In: 30 min.

Cauliflower Salad

Salatet Al-Qarnabeet



Black olives give this salad an unexpected twist.

Ingredients

- 1 small head cauliflower, cut into bite-sized pieces (about 4 cups)
- 1 teaspoon salt, divided
- 3 tablespoons lemon juice (about 1 large lemon)
- 3 tablespoons olive oil
- 2 green onions, chopped
- 2 tablespoons chopped parsley
- 1 tomato, cut into wedges
- 8 pitted black olives

Directions

1. Bring a large pot of water to boil. Add cauliflower and 1/2 teaspoon of the salt.
2. Boil until slightly tender, 5-7 minutes. Strain and cool a little.
3. In a large bowl, mix lemon juice, olive oil, onions, parsley and 1/2 teaspoon salt. Add cauliflower and toss.
4. Mound cauliflower on a plate. Arrange tomatoes and olives around the edge.

Chef's Tip

This salad can be made with cooked broccoli or potatoes instead of cauliflower.

Nutrition Information per Serving

Total Calories: 67	Fiber: 3 g
Total Fat: 4 g	Protein: 3 g
Sat. Fat: 1 g	Sodium: 663 mg
Carbohydrates: 8 g	



Step 2: 10 min.



Step 3: 5 min.



Step 3: 5 min.



Iraqi Tomato Soup with Okra

Hesaa Al-Tamatem ma' Al-Bamya

Servings: 4
Serving Size: 1 cup
Ready In: 50 min.



This satisfying soup is quick and easy to make.

Ingredients

- 4 cloves garlic, sliced
- 2 teaspoons olive oil
- 1 cup low-sodium tomato sauce
- 1 pound fresh or frozen whole okra
- 1 teaspoon salt
- 3 tablespoons lemon juice (1 whole lemon)

Directions

1. In a medium pan, cook the garlic in oil over medium heat until soft. Be careful not to burn.
2. Add the tomato sauce and boil. Add the okra and 2 cups of water and boil.
3. Reduce heat and cook uncovered for 20 minutes.
4. Season with salt and add lemon juice. Cook for 10 more minutes.
5. Serve as a soup or poured over brown rice.

Nutrition Information per Serving

Total Calories: 79	Fiber: 5 g
Total Fat: 3 g	Protein: 3 g
Sat. Fat: 0.5 g	Sodium: 605 mg
Carbohydrates: 14 g	

Servings: 4
Serving Size: about
1/2 cup
Ready In: 15 min.

Yogurt with Cucumber

Al-Laban (Al-Zabadi) ma' Al-Kheyar



This cooling dish is perfect with a spicy meal or on a hot day.

Ingredients

1 large cucumber, cubed
(about 2 cups)
1 cup plain, unsweetened
low-fat yogurt
1/4 cup chopped fresh mint
or 1 teaspoon dried mint
1 clove garlic, minced
(about 1 teaspoon)
1 tablespoon olive oil
1/4 teaspoon salt

Directions

1. Mix together all the ingredients in a medium bowl.
2. For smoother flavors, refrigerate for 30 minutes. Serve with warm pita bread or over rice.

Chef's Tip

You can replace the cucumber with thinly sliced romaine lettuce or coarsely chopped purslane.

Nutrition Information per Serving

Total Calories: 60	Fiber: 1 g
Total Fat: 2 g	Protein: 4 g
Sat. Fat: 1 g	Sodium: 193 mg
Carbohydrates: 7 g	



Servings: 4
 Serving Size: 3/4 cup
 Ready In: 40 min.

Zucchini with Tomatoes Tapsi

Tajen Al-Kousaa ma' Al-Tamatem



Tapsi is a casserole featuring vegetables and aromatic spices.

Ingredients

- 1 tablespoon olive oil
- 1/2 large onion, chopped
- 4 cloves garlic, sliced
- 1 large tomato, sliced
- 1 teaspoon salt
- 1 teaspoon Arabian Spice Blend, p. 20
- 4 medium zucchini, peeled and cut in 1/2"-thick slices
- 1 (8 oz.) can tomato sauce salt and pepper to taste

Directions

1. Heat the oil in a pan on medium-high heat.
2. Add the onion and garlic. Cook until onions are soft, about 3 minutes.
3. Turn off the burner. Add 2 tablespoons water to the onions and garlic. Arrange the tomato slices on top of the onions. Sprinkle with 1 teaspoon salt and 1 teaspoon Arabian Spice Blend.
4. Add the zucchini in one layer and spread the tomato sauce over top.
5. Cover the pan and cook on low heat for about 10 minutes, or until the zucchini is tender.
6. Serve over brown rice.

Nutrition Information per Serving

Total Calories: 112	Fiber: 5 g
Total Fat: 5 g	Protein: 5 g
Sat. Fat: 1 g	Sodium: 620 mg
Carbohydrates: 17 g	



Step 2: 3 min.



Step 3: 5 min.



Step 4: 5 min.



Slow Cooker Barley and Lentil Soup

Hasaa Al-Sheir wa Al-Adas

Servings: 4
 Serving Size: 1 1/2 cup
 Ready In: 5 to 9 hrs.



This filling soup works as a side dish or, served with salad, a vegetarian entrée.

Ingredients

- 1/2 cup pearl barley
- 1/2 cup dried brown lentils
- 5 cups water or low-sodium chicken or vegetable stock
- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 1 teaspoon cumin
- 3/4 teaspoon salt
- 1 cup cooked garbanzo beans, rinsed and drained
- 1 1/2 tablespoon lemon juice (about 1/2 lemon)



Ingredients (continued)

1/4 cup fresh parsley, chopped, for garnish

Directions

1. Rinse barley and lentils. Drain and place in a slow cooker.
2. Add stock or water. Cook on high for 4 hours (or low for 8 hours).
3. In a pan, heat oil. Add onion, cumin and salt. Cook until onion is soft, about 5 minutes. Add to the slow cooker.
4. Stir in the beans. Cook the soup on high for 1 hour more (or low for 2 hours).
5. Just before serving, stir in lemon juice. Put into bowls and sprinkle with parsley and cumin. Serve with bread and salad.

Chef's Tip

To use dried garbanzos, first rinse and pick out any stones. Add beans to the slow cooker with the barley and lentils in Step 1. Increase stock or water to 7 cups and continue with recipe.

Nutrition Information per Serving

Total Calories: 326	Fiber: 12 g
Total Fat: 10 g	Protein: 14 g
Sat. Fat: 1 g	Sodium: 710 mg
Carbohydrates: 49 g	



Step 2: 4 hrs..



Step 3: 7 min.



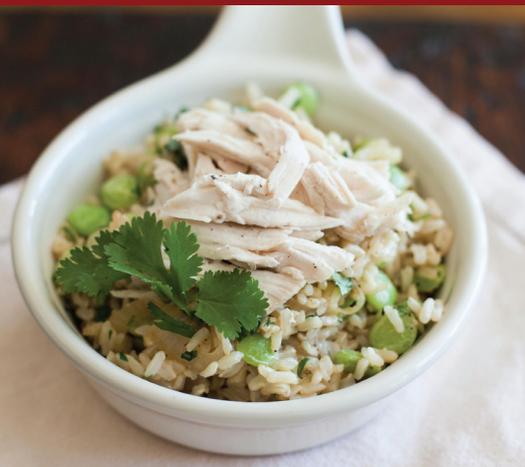
Step 4: 1 hr.



Servings: 4
 Serving Size: about
 1 1/2 cup
 Ready In: 30 min.

Herbed Rice with Chicken and Beans

*Al-Orz bel A'shab maa Al-Dajaj
 wa Al-Foul*



This recipe is a great way
 to use leftover chicken.

Directions

1. Heat oil in a pan. Add onion and cook on medium until soft, about 5 minutes.
2. Add cooked rice, beans, salt and pepper.
3. Add the herbs, saving some for later. Stir in 1/4 cup water and cook until absorbed, about 5 minutes.
4. Mound rice on a platter with chicken. Top with remaining herbs. Serve with Yogurt with Cucumber and salad.

Chef's Tip

- You can use canned beans in this recipe. Rinse and drain them first to remove extra salt.
- To cook brown rice, combine 1 cup raw brown rice with 2 1/2 cups water. Boil. Then cover, reduce heat to low, and cook until tender. This takes about 30 minutes. Cool for 10 minutes. Fluff with a fork before adding to recipe.

Ingredients

- 1 tablespoon olive oil
- 1 small onion, thinly sliced
- 2 cups cooked brown rice
- 8 ounces frozen fava, lima, or butter beans (about 2 cups), thawed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup chopped fresh herbs such as dill, mint, cilantro, and/or parsley
- 2 chicken breasts, cooked, skinned, and shredded (about 2 cups)

Nutrition Information per Serving

Total Calories: 393	Fiber: 5 g
Total Fat: 7 g	Protein: 29 g
Sat. Fat: 1 g	Sodium: 360 mg
Carbohydrates: 51 g	



Step 1: 5 min.

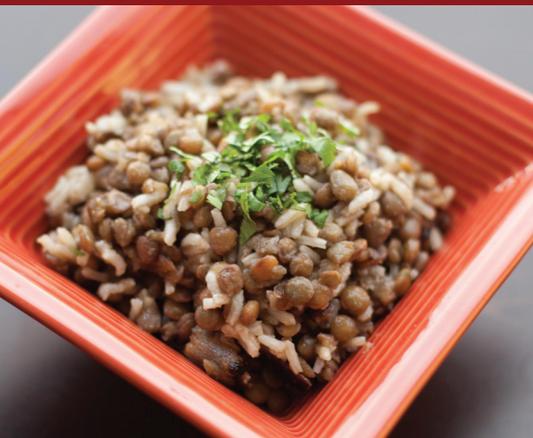


Step 3: 5 min.



Servings: 4
Serving Size: 1/2 cup
Ready In: 1 hr. 10 min.

Mujaddara



Mujaddara is a traditional rice and lentil dish which gets a sweet, earthy flavor from caramelized onions.

Ingredients

- 1/2 cup brown lentils, rinsed
- 1 1/2 cup water
- 1 1/2 cup onions, roughly chopped
- 4 tablespoons olive oil
- 1/2 teaspoon cumin
- 2/3 cup cooked long-grain white rice
- salt and pepper

Directions

1. Place the lentils in heavy pot with a tight lid. Add water and cook on medium-low heat uncovered until soft, about 20-30 minutes.
2. Remove from heat and add a pinch of salt. Cover and set aside.
3. Heat oil in heavy pan on medium-high heat. Add onions and a pinch of salt. Reduce heat to medium-low and start to brown onions, stirring every few minutes.
4. Cook onions, stirring often, until they are browned, about 20-25 minutes. Don't rush this step; onions will be bitter if cooked at high heat.
5. Sprinkle cumin onto the onions and cook 1-2 minutes. Use a slotted spoon to transfer the cooked lentils to the pan with the onions.
6. Gently fold cooked rice into the lentils and onions.
7. Add salt and pepper, if necessary.

Nutrition Information per Serving

Total Calories: 267	Fiber: 4 g
Total Fat: 15 g	Protein: 8 g
Sat. Fat: 1 g	Sodium: 125 mg
Carbohydrates: 28 g	



Step 2: 2 min.



Step 5: 5 min.



Step 6: 2 min.



Servings: 4
 Serving Size: 1 1/2 cups
 Ready In: 1 hr. 45 min.

Beef and Vegetable Tapsi

Tajem Al-Lahm wa Al-Khudrawat



Serve this festive layered casserole at your next party.

Ingredients

- 2 tablespoons vegetable oil, divided
- 1/2 pound eggplant, peeled and cut into 1/2-inch rounds
- 1 green bell pepper, stemmed, seeded, and sliced into strips
- 1 medium onion, sliced into 3/4-inch rounds
- 1 1/2 pound potatoes, peeled and cut into 1/2-inch rounds
- 1/2 pound beef top round, trimmed of fat and cut into 1/2-inch strips
- 1 clove garlic, minced >>

Ingredients (continued)

- 1/2 cup tomato paste
- 1/2 cup water
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground coriander seed
- 1 teaspoon Arabian Spice Blend, p. 20
- 2 medium tomatoes, cored and cut into 4 slices
- 1/2 teaspoon salt, plus more to taste

Directions

1. Preheat oven to 375° F.
2. Place eggplant and peppers into a bowl and toss with 2 teaspoons oil. Then place onto sheet pan in a single layer.
3. Add onion and potatoes to the same bowl and toss with 1 tablespoon oil. Place onto a second sheet pan in a single layer.
4. Bake vegetables for 15 minutes, then flip and bake another 10 minutes, or until golden.
5. Season beef with salt and pepper. In a pan, heat 1 teaspoon of vegetable oil over medium-high. Cook beef until browned on each side, but not cooked through. Transfer to a bowl and leave juices in the pan.

(continued on p. 39)



Directions (continued)

6. Add garlic, tomato paste, and 1/2 cup water to the pan. Cook for about 4 minutes, stirring until the tomato paste dissolves.
7. In a small bowl mix pepper, coriander, Spice Blend, and 1/2 teaspoon salt.
8. In a 9x12 baking dish, layer vegetables and meat with a sprinkle of Spice Blend in between each layer as follows:
 - eggplant
 - peppers
 - beef
 - potatoes
 - onions
 - tomato sauce
 - tomatoes
9. Bake for 30 minutes. Let rest for 15 minutes. Serve with rice.

Nutrition Information per Serving

Total Calories: 384	Fiber: 7 g
Total Fat: 15 g	Protein: 17 g
Sat. Fat: 4 g	Sodium: 470 mg
Carbohydrates: 49 g	

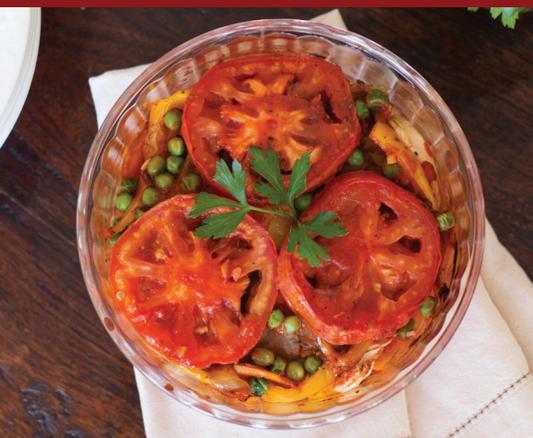




Chicken and Vegetable Tapsi

Tajem Al-Dajaj wa Al-Khudrawat

Servings: 4
 Serving Size: 1 1/2 cups
 Ready In: 1 hr. 40 min.



A variety of vegetables and special blend of spices gives this Iraqi dish a complex flavor.

Ingredients

- 3 boneless, skinless chicken thighs, trimmed of fat and cut into 1/2-inch strips
- 2 tablespoons vegetable oil, divided
- 1 medium onion, sliced into 1/2-inch rounds
- 1 bell pepper, stemmed, seeded, and sliced into strips
- 1 clove garlic, minced
- 1/2 cup tomato paste
- 1/2 cup water
- 1/2 pound potatoes, peeled and cut into 1/2-inch-rounds >>

Ingredients (continued)

- 2 medium tomatoes, cored and cut into 4 slices
- 1/2 cup sliced carrots
- 1/2 cup frozen peas, thawed
- 1/2 teaspoon black pepper
- 1/8 teaspoon ground coriander seed
- 1 teaspoon Arabian Spice Blend, p. 20
- 1/2 teaspoon salt, plus more to taste

Directions

1. Preheat oven to 375° F.
2. Season chicken with salt and pepper. In a pan, heat oil over medium-high. Cook chicken until browned on one side, but not cooked through. Transfer to a bowl to save juices.
3. Add onions, peppers and carrots to the pan. Cook on medium-high until golden.
4. Add garlic and tomato paste. Cook for about 2 minutes. Stir in 1/2 cup water and chicken juices. Stir in tomato paste. Continue to stir until sauce thickens.
5. Put potatoes in a microwave-safe dish with 2 tablespoons water.

(continued on p. 41)



Directions (continued)

6. Cover with plastic wrap and microwave for 5 minutes.
7. In a small bowl, mix pepper, coriander, Spice Blend, and salt.
8. In a 9x12 baking dish, layer vegetables and chicken with a sprinkle of Spice Blend in between these layers:
 - peppers, onions and carrot
 - tomato sauce
 - chicken
 - tomatoes
 - peas
 - potatoes
9. Bake for 30 minutes. Let rest for 5 minutes. Serve with rice.

Chef's Tip

- You can use 2 large chicken breasts instead of chicken thighs.
 - Frozen carrots or a mixture of frozen carrots and peas can be substituted for fresh carrots. If using frozen carrots, do not cook them. Add them in when you add the peas.

Nutrition Information per Serving

Total Calories: 278	Fiber: 6 g
Total Fat: 11 g	Protein: 20 g
Sat. Fat: 1 g	Sodium: 534 mg
Carbohydrates: 27 g	



Servings: 4
 Serving Size: 1 cup
 Ready In: 45 min.

Cabbage & Meat Stew

Yahnet Al-Koronb wa Al-Lahm



This Iraqi stew makes a satisfying, inexpensive meal with an unexpected flavor.

Ingredients

- 2 teaspoons vegetable oil
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 1 pound ground beef
- 2 tablespoons tomato paste
- 1 teaspoon salt
- 2 teaspoon Arabian Spice Blend, p. 20
- 1/2 head cabbage, chopped
- 1 tablespoon dried mint

Directions

1. In a large pan, heat oil over medium-high.
2. Sauté the onion and garlic until soft. Add the meat and cook until brown.
3. Add tomato paste, salt, and Spice Blend and stir. Add the chopped cabbage and dried mint and stir for 5 minutes.
4. Pour in 1 cup of water and simmer, covered, until the cabbage is soft, about 20 minutes.
5. Serve with brown rice.

Chef's Tip

You can substitute carrots or cauliflower for the cabbage.

Nutrition Information per Serving

Total Calories: 240	Fiber: 6 g
Total Fat: 9 g	Protein: 26 g
Sat. Fat: 3 g	Sodium: 755 mg
Carbohydrates: 16 g	



Step 3: 5 min.



Step 4: 20 min.



Servings: 4
Serving Size: 1 1/4 cup
Ready In: 15–30 min.

Ethiopian Tomato Salad



Directions

1. In a bowl, stir together red onion, chile, lemon juice, olive oil, salt, and black pepper.
2. Add the tomatoes and stir gently.
3. Chill before serving.

A bright salad to
accompany any meal,
with a spicy kick!

Ingredients

1/2 small red onion,
chopped (about 1/4 cup)
1/2 green chile pepper,
seeded and minced
1 1/2 tablespoon lemon juice
1/2 tablespoon olive oil
1/4 teaspoon salt
1/4 teaspoon black pepper
3 large ripe tomatoes,
chopped

Nutrition Information per Serving

Total Calories: 39	Fiber: 2 g
Total Fat: 2 g	Protein: 1 g
Sat. Fat: 0 g	Sodium: 125 mg
Carbohydrates: 6 g	



How to Chop an Onion



1. Place half an onion flat-side down. Slice in layers.



2. Hold onion together and slice it in strips.



3. Carefully cut in the opposite direction to make chunks.



Ethiopian-Style Collard Greens

Gomen Wat

Servings: 6
Serving Size: 3/4 cup
Ready In: 50 min.



Directions

1. Heat oil in a pot over medium heat. Add onions and cook until a bit browned, about 6 min.
2. Stir in garlic and ginger. Cook for 1 minute.
3. Add collard greens, stock, and salt. Bring to a boil, then reduce heat to low. Cover and simmer until collards are tender, 20 to 30 minutes. Stir a few times.
4. Add bell pepper. Simmer uncovered for 10 minutes to reduce liquid.
5. Just before serving, stir in lemon juice.

This traditional Ethiopian vegetarian dish can also be made with kale, mustard, or turnip greens.

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1 inch ginger, peeled and minced
- 3 cloves garlic, minced
- 1 lb. collard greens, chopped finely (about 4 cups)
- 2 cups low-sodium vegetable stock or water
- 1/4 teaspoon salt
- 1/2 bell pepper, sliced
- 2 tablespoons lemon juice

Nutrition Information per Serving

Total Calories: 42	Fiber: 1 g
Total Fat: 3 g	Protein: 1 g
Sat. Fat: 0.5 g	Sodium: 139 mg
Carbohydrates: 4 g	



Step 3: 30 min.



Step 4: 10 min.



Step 5: 1 min.



Servings: 8
 Serving Size: 1 cup
 as a side dish
 Ready In: 35 min.

Red Lentil Stew

Kik Wot



If you like rich, spicy flavor, this side dish will make you happy!

Ingredients

- 1/4 cup vegetable oil
- 1 small onion, chopped finely
- 5 cloves of garlic, minced
- 2 tablespoons Ethiopian berbere spice blend (see Chef's Tip)
- 8 cups water
- 2 cups split, red lentils, rinsed and drained
- 2 tablespoons tomato paste
- 3/4 teaspoon salt

Directions

1. In a large pot, heat oil over medium heat. Add onion and cook until tender.
2. Stir in garlic and berbere spice or chili powder. Cook for 1 minute.
3. Add water, lentils, and tomato paste.
4. Boil. Reduce heat to low and cook until lentils are tender, about 20 minutes (or 30 minutes for brown lentils). Stir occasionally.
5. Serve hot with Ethiopian-style injera or other bread.

Chef's Tip

- You may use brown lentils instead of red ones in this recipe.
- If berbere spice is difficult to find, substitute your favorite red chili powder.

Nutrition Information per Serving

Total Calories: 243	Fiber: 6 g
Total Fat: 8 g	Protein: 12 g
Sat. Fat: 1 g	Sodium: 599 mg
Carbohydrates: 34 g	



Step 3: 1 min.



Step 3: 1 min.



Step 4: 20 min.

Servings: 8
Serving Size: 1/2 cup
as side dish
Ready In: 30 min.

Chickpea Stew

Shiro



This is an easy, traditional side dish for an Ethiopian meal.

Ingredients

2 tablespoons vegetable oil
1 medium onion,
chopped finely
1 garlic clove, minced
1 tablespoon Ethiopian
berbere spice (optional)
1/2 teaspoon salt
1/4 teaspoon turmeric
3 cups water
4 tablespoons *nech shiro*
garbanzo bean flour

Directions

1. In a pot, heat oil over medium. Add onion. Cook until soft, about 5 minutes.
2. Add garlic, optional berbere spice, salt, and turmeric. Stir and cook for 1 minute.
3. Add water. Stir in garbanzo flour, adding a small amount at a time while constantly stirring.
4. Boil. Reduce heat to low and cook until thick, about 20 minutes. For a thicker stew, stir in a little more garbanzo flour.
5. Serve hot with injera bread or rice.

Nutrition Information per Serving

Total Calories: 48	Fiber: 1 g
Total Fat: 4 g	Protein: 1 g
Sat. Fat: 0.5 g	Sodium: 320 mg
Carbohydrates: 3 g	



Step 1 and 2:
6 min.



Step 3: 2 min.



Step 4: 20 min.

Servings: 6
Serving Size: 1 cup
Ready In: 1 hr.

Beef and Okra Stew

Bamia



This Ethiopian okra stew includes beef and aromatic spices.

Ingredients

2 tablespoons vegetable oil
1 large onion, chopped
1 lb. beef top sirloin, cut into 1-inch cubes
6 cloves garlic, minced
1 1/2 tablespoons ground coriander seed
2 teaspoons cumin
1 teaspoon white pepper
2 cups water
2 large tomatoes, blended (or 1 1/2 cups tomato sauce) »

Ingredients (continued)

1 tablespoon tomato paste
1 green chile pepper, seeded and minced
1 inch fresh ginger, crushed or minced
1 teaspoon salt
2 cups fresh okra, cut in 1-inch pieces (or one 10-oz. package frozen okra, thawed)

Directions

1. Heat oil in a large pot on high. Add onion and cook until soft.
2. Add beef, garlic, coriander, cumin, and white pepper. Stir and cook until meat is brown, about 5 minutes.
3. Add water, tomatoes, tomato paste, chile, ginger, and salt. Stir and boil. Reduce heat to low. Cover partly and cook until meat is tender, 30 to 40 minutes.
4. Stir in okra. Simmer 10 minutes.

Nutrition Information per Serving

Total Calories: 230	Fiber: 2 g
Total Fat: 14 g	Protein: 18 g
Sat. Fat: 4 g	Sodium: 459 mg
Carbohydrates: 9 g	



Step 2: 5 min.



Step 3: 40 min.



Step 4: 10 min.



Fava Beans in Spicy Tomato Sauce *Ful Sahan*

Servings: 4
Serving Size: 1/2 cup
Ready In: 30 min.



Serve this as a side dish or an appetizer with bread.

Ingredients

1 tablespoon olive oil
1 large onion, chopped finely
1 large clove garlic, minced
1 tablespoon Ethiopian berbere spice blend (see Chef's Tip)
1 teaspoon ground cumin
1 large tomato, chopped
1/2 teaspoon salt
black pepper, to taste
1 can (15 oz.) fava or broad beans, washed and drained, or 1 1/2 cup cooked fava

Directions

1. In a pan, heat oil. Add onion and cook until tender, about 3 minutes.
2. Add garlic, berbere spice, and cumin. Stir and cook for 1 minute.
3. Add tomato, salt, and black pepper. Cook for about 5 minutes.
4. Add fava beans. Stir and cook for about 10 minutes.
5. Serve with crusty bread or injera.

Chef's Tip

You can replace berbere spice with your favorite chili powder and a pinch of ground cayenne.

Nutrition Information per Serving

Total Calories: 121	Fiber: 5 g
Total Fat: 4 g	Protein: 5 g
Sat. Fat: 1 g	Sodium: 638 mg
Carbohydrates: 17 g	





Servings: 4
 Serving Size: 1 1/2
 cups
 Ready In: 50 min.

Somali Okra and Vegetable Soup

Suqaar



This traditional vegetable soup is a great way to use up any vegetables you have.

Ingredients

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 4 cloves garlic, minced
- 2 teaspoons cumin
- 1 teaspoon ground coriander seed
- 3 cups low-sodium vegetable or chicken stock
- 3 carrots, chopped
- 2 medium red potatoes, chopped
- 1 zucchini, chopped
- 1 bell pepper, chopped



Ingredients (continued)

- 1 lb. fresh or frozen okra, chopped
- 1 large tomato, chopped
- 1/2 teaspoon salt
- black pepper, to taste
- 1/4 cup chopped fresh cilantro

Directions

1. In a large pot, heat oil on medium. Add onion and cook until soft, about 5 minutes.
2. Add garlic, cumin, and coriander. Cook for 1 minute.
3. Add stock, carrots, potatoes, zucchini, and bell pepper. Stir and then boil. Reduce heat and cook 15 to 20 minutes.
4. Stir in okra and tomato. Cook until vegetables are tender, 5 to 10 minutes.
5. Season with salt and black pepper. Garnish with cilantro before serving.

Nutrition Information per Serving

Total Calories: 271	Fiber: 12 g
Total Fat: 9 g	Protein: 10 g
Sat. Fat: 1 g	Sodium: 531 mg
Carbohydrates: 43 g	



Step 2: 1 min.



Step 3: 20 min.



Step 4: 10 min.



Servings: 8
 Serving Size: 3/4 cup
 Ready In: 25 min.

Cabbage with Carrots



Ingredients (continued)

3 carrots, sliced thinly
 (about 1 1/2 cups)
 3/4 teaspoon salt

Directions

1. In a large pot, heat oil on medium. Add mustard seeds. Cook until they start to pop but do not burn, about 30 seconds.
2. Add onion and cook until soft, 3 to 5 minutes.
3. Stir in ginger, chile, and turmeric. Cook for 1 minute.
4. Add cabbage, carrots, and salt. Mix well. Cover the pot and cook 10 to 15 minutes. Stir a few times and scrape spices from the bottom of the pot to avoid burning them.

A quick and delicious side dish from Somalia that adds pretty color to your plate!

Ingredients

1 tablespoon olive oil
 1 teaspoon black mustard seeds
 1 large onion, sliced thinly
 1 teaspoon minced fresh ginger or ground dried ginger
 1-2 green chile peppers, seeds removed and chopped finely
 1 teaspoon turmeric powder
 1 small cabbage, cored and sliced thinly (about 5 cups) »

Nutrition Information per Serving

Total Calories: 96	Fiber: 5 g
Total Fat: 4 g	Protein: 2 g
Sat. Fat: 1 g	Sodium: 135 mg
Carbohydrates: 15 g	



Step 1: 1 min.



Step 3: 1 min.



Step 4: 10 min.



Servings: 8
Serving Size: 1 cup
Ready In: 1 hr.

Bantu Brown Rice



Add a few spices to your brown rice to create a festive dish!

Ingredients

- 1 tablespoon vegetable oil (sesame is best)
- 3 tablespoons chopped onion
- 1 teaspoon ground cardamom
- 2 teaspoon ground cumin
- 2 cups uncooked brown rice
- 2 teaspoons minced garlic
- 4 cups low-sodium chicken stock or water, boiling
- 2 teaspoons cilantro, minced

Directions

1. Heat oil in large pot on medium. Add onion, cardamom and cumin. Stir for 2 minutes.
2. Add rice and garlic. Stir.
3. Add boiling liquid. Cover and cook on low until water is absorbed, about 45 minutes. Remove from heat and stir in cilantro.

Chef's Tip

- 2 chicken bouillon cubes can be added to the water if chicken stock is not available.
- If white jasmine rice is used, reduce cooking time to 20 minutes.
- To make in a rice cooker, begin cooker cycle and cook the onion and spices with the cover open. Add the rice and broth and close the cover. Cook for another cycle.

Nutrition Information per Serving

Total Calories: 231	Fiber: 2 g
Total Fat: 4 g	Protein: 6 g
Sat. Fat: 1 g	Sodium: 67 mg
Carbohydrates: 43 g	



Step 1: 5 min.



Step 2: 1 min.



Step 3: 45 min.



Servings: 6
Serving Size: about
1 cup
Ready In: 50 min.

Beef and Potato Stew



Ingredients (continued)

- 2 small red potatoes, chopped
- 2 carrots, chopped
- 1 green bell pepper, chopped
- 1/2 teaspoon salt
- black pepper to taste
- 1/4 cup fresh cilantro, chopped

This hearty stew has a wonderful blend of spices.

Directions

1. In a large pot, heat oil. Add onion and cook until tender, about 4 minutes.
2. Add beef, garlic, cumin, coriander, and chile. Stir and cook on high for 3 minutes.
3. Add stock, potatoes, carrots, and bell pepper. Boil. Reduce heat to low, cover, and cook until beef is tender, 30 to 40 minutes. If needed, add a little water.
4. Season with salt and pepper. Sprinkle with cilantro just before serving.

Ingredients

- 2 tablespoons vegetable oil
- 1 onion, chopped
- 1 pound beef stew meat, cut into 1-inch pieces
- 3 garlic cloves, minced
- 1 teaspoon cumin
- 1/2 teaspoon ground coriander seed
- 1/2 chile pepper, chopped finely
- 2 cups low-sodium chicken stock »

Nutrition Information per Serving

Total Calories: 256	Fiber: 3 g
Total Fat: 10 g	Protein: 27 g
Sat. Fat: 3 g	Sodium: 315 mg
Carbohydrates: 15 g	



Step 2: 3 min.



Step 3: 5 min.



Step 3: 30 min.



Servings: 4
 Serving Size: 1 1/2 cups
 Ready In: 45 min.

Somali Pasta with Beef and Vegetables

Baasto



Ingredients (continued)

- 1 carrot, chopped
- 1 tomato, chopped
- 2 cups low-sodium chicken stock
- 1 1/2 cups pasta sauce (prepared tomato sauce)
- 1/2 package spaghetti (8 oz.), cooked and drained
- 2 tablespoons fresh cilantro, chopped

This recipe gives an unexpected twist to pasta sauce!

Ingredients

- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 4 large garlic cloves, minced
- 2 teaspoons cumin
- 2 teaspoons ground coriander seed
- 1/4 teaspoon cayenne powder, or to taste
- 3/4 lb. ground or minced beef
- 2 small red potatoes, chopped small (optional) »

Directions

1. In a large pot, heat oil. Add onions and cook until tender, about 5 minutes.
2. Add garlic, cumin, coriander, and cayenne. Cook for 1 minute.
3. Add beef and cook until brown, 3 to 5 minutes.
4. Add stock, pasta sauce, potatoes, carrot, and tomato. Boil. Reduce heat and cook until vegetables are tender, about 20 minutes.
5. Serve hot over warm pasta. Garnish with cilantro.

Nutrition Information per Serving

Total Calories: 543	Fiber: 7 g
Total Fat: 16 g	Protein: 27 g
Sat. Fat: 4 g	Sodium: 531 mg
Carbohydrates: 71 g	



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