

Makes 4-6 servings

recipe from
TANZANIA

ugali with bean soup



Ugali

- 4 c water
- 2½ c cornmeal

Bean Soup

- 1 small onion, diced
- 1 green pepper, diced
- 4 T fair trade olive oil

- 1 t curry powder
- 1 t salt
- ¼ t black pepper
- 1 tomato, chopped
- 2 16-oz cans kidney beans, drained
- 3 c unsweetened coconut milk

Ugali: Boil water in saucepan, then stir in cornmeal. Simmer until mixture is thick and water is absorbed. Stir often to prevent burning. Shape the mixture into round balls, one for each person.

Bean Soup: In a large pot, sauté onion and green pepper in oil until soft. Add curry powder, salt, black pepper and tomato. Simmer for 2 minutes, add beans and stir. Add coconut milk and simmer for 10 minutes on low heat. Serve with Ugali.



Share your simple meal: #4Lent4Life
crsricebowl.org

The logo for Catholic Relief Services (CRS) Rice Bowl. It features the text "CRS RICE BOWL" in a large, green, sans-serif font. Below "RICE BOWL" is the text "CATHOLIC RELIEF SERVICES" in a smaller font. At the bottom, it says "40th ANNIVERSARY" with a horizontal line above the text.

Makes 4-6 servings

recipe from
NICARAGUA

gallo pinto

- 1 large onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 4 T fair trade olive oil
- 2 c rice
- 4 c water
- 2 16-oz cans red beans, drained
- 1 bay leaf
- Salt and black pepper to taste
- Fried egg or cheese (optional)

In a large pot, sauté onion, bell pepper and garlic in oil. Stir in rice. Cook, stirring often, until onions are soft. Add water and cook, covered, until most of the water has been absorbed. Add beans and bay leaf. Mix well and cook over medium heat for 15 minutes. Serve hot with cheese or fried egg.



Makes 4-6 servings

recipe from
NIGER

west African peanut stew

(Allergen alert: contains nuts)

- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 T fresh ginger, minced
- 4 T fair trade olive oil
- 6 c water
- ½ t crushed red pepper
- ½ t salt
- ½ t black pepper
- 3 small sweet potatoes, cubed
- 2 medium tomatoes, diced
- 3 c chopped kale or spinach
- 1 c crunchy peanut butter

In a large pot, sauté onion, garlic and ginger in oil until tender. Add 5 cups water and season with crushed red pepper, salt and black pepper. Stir in sweet potatoes and bring to a boil. Reduce heat to medium-low and simmer for 15 minutes. Stir in 1 cup water, tomatoes, greens and peanut butter. Cook over medium heat for 20 minutes, stirring occasionally. Serve over rice.



Makes 4-6 servings

recipe from
LEBANON

fattet laban



- 32 oz plain whole milk yogurt
- Cheesecloth
- 1 bunch fresh mint, minced
- 1 t dry mint
- 2 garlic cloves, crushed
- 2 16-oz cans chickpeas with liquid
- Pita bread
- ¼ c almonds, chopped and toasted (optional)
- 2 T fair trade olive oil

Place a colander into a bowl, line it with cheesecloth and place yogurt in it. Cover and place in refrigerator. Allow yogurt to drain for a few hours or overnight.

Combine drained yogurt, fresh and dry mint, and crushed garlic in a bowl. In a pan, heat chickpeas in their liquid until warm, then drain and set aside. Toast pita bread in oven until golden in color. Break some of the pita bread and place pieces in a large bowl with chickpeas. Add yogurt mixture. Top with fresh mint and toasted almonds. Drizzle olive oil over top. Serve with remaining pita bread.



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CATHOLIC RELIEF SERVICES
RICE BOWL
40th ANNIVERSARY

Makes 4-6 servings

recipe from
**DEMOCRATIC
REPUBLIC OF
CONGO**

fried plantains with beans



Fried Plantains

- 4 ripe green plantains
- Salt to taste
- 6 T fair trade olive oil

Beans

- 1 large onion, diced
- 2 T fair trade olive oil
- 2 16-oz cans of black beans, liquid drained
- 1 large tomato, chopped
- Paprika and chili pepper to taste

Fried Plantains: Peel plantains and cut into thin slices. Lightly salt both sides. Pour oil into pan and heat. Carefully place each plantain slice into oil and fry each side until golden. Drain on rack or paper towel.

Beans: In a large pan, sauté onion in oil, then add beans, tomato, paprika and chili pepper. Cook over low heat until hot. Serve with plantains.



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CATHOLIC RELIEF SERVICES
RICE BOWL
40th ANNIVERSARY



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