

# MERCY CORPS MEALS

RECIPES FROM OUR GLOBAL TEAM MEMBERS

*Meet our team  
& their recipes*



Vinikilang, Nigeria—Fatimah prepares porridge in front of her home. Her community worked with Mercy Corps to install a water distribution system, which she now uses to make juice and porridge to sell at the local market.



# FROM OUR KITCHENS, TO YOURS

We are excited to share this collection of recipes from across the globe with you and your loved ones. Selected by team members, each dish celebrates their cultures and communities. It is our hope that cooking, serving, and savoring these meals with your family and friends deepens your connection with the global community of humanitarians you are a part of.

*Enjoy!*

Warmly,  
The Global Team at Mercy Corps



KYRGYZSTAN



SERVING  
8  
APPROX



TIME  
1  
HOUR



# MASTAVA PO OSHSKI

## SOUP

*From the Kitchen of Anarkhon*

This dish is traditional for the southern region of the country and has high nutritional properties due to the optimal combination of macro- and microelements. It is served with kefir (sour milk product), which enhances its flavour and health benefits.



**ANARKHON**

PROGRAM ASSISTANT

I work as a Program Assistant for the McGovern-Dole Food for Education and Child Nutrition program in the southern region of the country. I grew up right here in the southland. I enjoy providing full support to our program team. In my free time, I play the piano, read books and watch films.

## INGREDIENTS

- 1 pound of Petite Tender Steak, cut into one-inch cubes
- 3 tablespoons vegetable oil
- 1 Small onion, minced
- 3 Medium carrots, minced
- 1 Bunch of radishes, minced
- 3 Medium fresh tomatoes, pureed
- 8 cups water
- $\frac{3}{4}$  cup uncooked rice, rinsed
- 2 Medium potatoes, diced
- 1 cup kefir
- Fresh Cilantro for garnish
- Ground black pepper and salt to taste
- Add spices to taste

## STEPS

- 1 Meat is cut into cubes, fry until brown.
- 2 Add onion, mix.
- 3 Add carrots and radish, mix.
- 4 Add tomato puree and fry for another 5-6 minutes.
- 5 Then pour in water, bring to a boil.
- 6 Add rice and diced potatoes, cooking until ready.

### OPTIONAL:

When serving, pour in kefir, add cilantro, and sprinkle pepper and salt to taste.

### NOTE:

'Mastava po Oshski' can also be cooked with turnips.

NIGERIA



FEEDS  
6-8  
PEOPLE



TIME  
1 1/2  
HOURS



# JOLLOF RICE

*From the Kitchen of Esther*

This is the most popular food in Nigeria. It tastes so good and can be used during birthdays, weddings, family reunions, and many other occasions.



## INGREDIENTS

- 1 1/4 cup Vegetable Oil
- 1 Large Onion, chopped
- 2-3 Cloves Garlic, minced
- 1-2 teaspoons Ginger, minced
- 2-3 Medium-sized Tomatoes, blended
- 1/2 cup Tomato Paste
- 1-2 teaspoons Thyme
- 1-2 teaspoons Curry Powder
- 2 Bay Leaves
- 1-2 teaspoons Paprika or Cayenne Pepper (adjust to taste)
- Salt to taste
- 3 cups Long-grain Parboiled Rice
- 3-4 cups Vegetable Broth, Chicken Broth, or Water

### OPTIONAL

- 1-2 cups of mixed vegetables like: carrots, peas, bell peppers
- 1-2 cups of protein like: grilled chicken, shrimp, or beef
- 2-3 Green bell peppers, sliced for garnish

## STEPS

- 1 In a large pot, heat the vegetable oil over medium heat.
- 2 Add the chopped onions and sauté until translucent.
- 3 Add the minced garlic, ginger, and sauté for 1-2 minutes.
- 4 Stir in the blended tomatoes, tomato paste, thyme, curry powder, bay leaves, paprika, and salt. Cook for 10-15 minutes or until the oil begins to separate from the tomato mix.
- 5 Add the rice to the pot, stirring well to coat the rice with the tomato mixture.
- 6 Pour in the vegetable or chicken broth (or water) until the rice is just covered. Bring to a boil, then reduce to low heat and cover the pot.
- 7 Cook for 20-30 minutes, checking occasionally to ensure the rice is not burning. If needed, add more broth or water.

STEPS CONTINUED ON THE NEXT PAGE



## STEPS CONTINUED

### OPTIONAL:

- 8 If using mixed vegetables, add them to the pot when the rice is almost cooked (after about 5 minutes).
- 9 If you're using pre-cooked protein, add it in the last 5 minutes of cooking to heat through.

### FINAL TOUCHES:

- 10 Once the rice is cooked and has absorbed all the liquid, fluff gently with a fork.
- 11 Remove the bay leaves. Serve the Jollof rice in a large dish garnished with sliced green bell peppers.
- 12 Pair with your choice of protein, fried plantains, or a salad.



### ESTHER

PROGRAM DIRECTOR

I am the Program Director of Girls Improving Resilience Through Livelihood and Health (Girl-H), a multi-country program in the African region. The program is implemented in Nigeria, Kenya, South Sudan, and Uganda, and targets adolescents and young people between the ages of 10-24. The Program aims to improve the well-being and personal agency of adolescents and young people. I love my work because of the impact it has on the program participants, which spills over to their households and communities. I am a product of African girl child education and grew up in the far northern part of Nigeria, Sokoto State. I enjoy spending my free time with my family.



TIMORE-LESTE



SERVING  
20  
PIECES  
APPROX

# PUMPKIN BREAD

*From the kitchen of Zulmira*

I selected this recipe because across Timor-Leste there are many pumpkins, and often people just boil them and don't know how else to cook with pumpkins and just feed them to the pigs. This recipe offers another way to use pumpkins that people really like and is high in Vitamin A —which is important for eye health, boosts immunity, and is an antioxidant that can protect against certain diseases. Vitamin A (as found in ripe pumpkins) is especially important for children under 5 as it can protect them from preventable diseases and blindness.



TIME  
1  
HOUR

VEG

## INGREDIENTS

- 1 cup Ripe Pumpkin or Canned Pumpkin
- 1 <sup>2</sup>/<sub>3</sub> cups Flour
- 1 teaspoon Baking Powder
- 1 teaspoons Salt
- 2 tablespoons Milk
- 5 Eggs
- <sup>1</sup>/<sub>2</sub> cup Sugar
- 7 tablespoons Oil



**ZULMIRA**

HEALTH BEHAVIOR  
CHANGE COORDINATOR

I'm from Timor-Leste and happy to have the role as a Health Behavior Change Coordinator. I have many opportunities to work in remote communities and share more experiences on how to use local foods by facilitating cooking demonstrations. I'm a nutritionist and happy when communities want to learn about the local foods they have. I especially like my work with school snack vendors teaching them to prepare innovative healthy snacks. Even in my free time I enjoy cooking with my 6 children.

## STEPS

- 1 Wash the pumpkin and cut it in half. Then boil the pumpkin.
- 2 In a bowl add the flour, baking powder, salt and milk.
- 3 In a separate bowl add eggs and sugar, mix together.
- 4 Add the flour mixture to the egg mixture.
- 5 Add the oil and pumpkin, mixing until smooth.
- 6 Use butter or oil to coat baking pan so bread does not stick.
- 7 Pour batter into a 9-inch round baking pan.
- 8 Bake for 40 minutes on medium heat.



JORDAN



FEEDS  
6  
PEOPLE

# MAFTOUL

*From the Kitchen of Rima*



TIME  
1 1/2  
HOURS



NON  
VEG

This is my favorite meal, and it holds a special place in my heart. It requires a lot of steps, and most people find it difficult to make, but my mom has always made it for our family. I would always be by her side while she prepared it, and my uncles and aunts would often ask her to make it for them as well. Now that she's tired and unable to cook, I've taken it upon myself to make it, preserving it as my mom's special dish.



## INGREDIENTS

### FOR THE MAFTOUL

- 2 cups of fine or medium soaked bulgur
- 4.5 pounds of whole grain flour
- 1/2 pounds all-purpose flour
- 1 Onion, finely chopped
- 1 teaspoon each of:  
cumin, pepper, cinnamon, salt,  
ground allspice, and ground turmeric
- 2 cups of salted water
- Generous amount of olive oil

### FOR THE SOUP

- 2 Whole Chickens, cut into pieces
- 6 Onions, quartered
- 2 cups Chickpeas
- 2 Bay Leaves
- 1 Cinnamon Stick
- Salt and Pepper to taste
- 4 Potatoes, cubed
- 4 Carrots, cubed
- 4-5 Slices of Pumpkin, cubed

## STEPS

### PREPARE THE MAFTOUL:

- 1 Spread the bulgur on a large shallow tray. This will be the base of the maftoul.
- 2 Mix the flour and sprinkle some onto the bulgur. Use your fingers to gently roll the bulgur in circular motions in the tray. The flour will coat the bulgur and form small balls.
- 3 Sprinkle water over the bulgur as necessary and keep rolling. Alternate between adding small amounts of water and flour, rolling until the bulgur is fully coated in flour and the grains reach the size of peppercorns.
- 4 Keep rolling. This step requires patience. Continue the process until all the bulgur grains are evenly coated and formed.
- 5 Steam the maftoul over broth for about 10-15 minutes, until tender.
- 6 While steaming, mix onion with the spices and add spiced onion to the maftoul.
- 7 After cooking, transfer the maftoul to a tray and stir in a generous amount of olive oil, ensuring all the grains are well coated.

STEPS CONTINUED ON THE NEXT PAGE

## STEPS CONTINUED

### PREPARE THE SOUP:

- 8 In a large pot, heat olive oil over medium heat. Add the chicken pieces and sear until golden brown on all sides.
- 9 Add the onions, chickpeas, bay leaves, cinnamon stick, salt, and pepper. Stir and cook for 2-3 minutes.
- 10 Pour in enough water to cover the chicken. Cook for 40-50 minutes until the chicken is fully cooked.
- 11 After 30 minutes of cooking, add the potatoes, carrots, and pumpkin cubes to the pot. Cook until tender.
- 12 Serve the maftoul in a large deep serving dish with the soup added on top.

Enjoy your homemade maftoul with the rich, flavorful broth and vegetables!



### RIMA

INSTITUTIONAL AND  
LEADERSHIP DEVELOPMENT  
SENIOR COORDINATOR

I'm Rima Nofal, an institutional and leadership development senior coordinator promoting women's voices and leadership activities program. I've been with Mercy Corps for 8 years, and I love working here because of the strong leadership and the organization's focus on resilience, creating an empowering environment for growth. I was born in Kuwait, grew up was educated in Jordan, and still live here. In my free time, I enjoy spending time with my family, traveling when I have long vacations, and relaxing by watching TV and eating snacks





LEBANON



SERVING  
60  
PIECES  
APPROX

# WARAK ENAB

“STUFFED GRAPE LEAVES”

*From the Kitchen of Laila*

I chose this recipe because it is one of my favorite dishes as it has a mixture of delicious flavors, mainly for those who love sour taste. Besides, the colors of its ingredients are the same of those in the Lebanese flag—red (meat), green (grape leaves), and white (rice). So, it serves as a great example for the Lebanese cuisine that I like people to know about.



TIME  
1 3/4  
HOURS



## INGREDIENTS

- 1 Jar grape leaves (about 60-70 in brine)
- 2 tablespoons olive oil, plus more for drizzling between layers
- 1 pound ground beef
- 1/2 teaspoon salt, plus more for seasoning layers
- 2 teaspoons 7 Spice
- 1 1/2 cups short grain white rice
- 1/4 teaspoon cinnamon
- 2 medium Yukon Gold potatoes, sliced
- 1/4 cup lemon juice

## STEPS

- 1 Drain grape vine leaves and soak them in a large bowl of water.
- 2 Gently separate and wash the leaves individually. Stack them on a plate and set them aside. It is best to cover them with a damp cloth, so they don't dry out, until you are ready to start rolling them.
- 3 Heat a large pan with olive oil and cook ground beef until browned. Season with salt and 7 Spice.
- 4 Add uncooked rice to the ground beef, then add cinnamon and mix well until everything is incorporated. Remove from heat.
- 5 To stuff and roll the grape leaves, lay a grape leaf flat on a cutting board, scoop out a heaping teaspoon of the rice mixture into the center of the grape leaf, and carefully fold in the sides and roll it like you would when making a wrap. Repeat until all the stuffing has been used and place the wrapped grape leaves in a tray.

STEPS CONTINUED ON THE NEXT PAGE

## STEPS CONTINUED

- 6 Line the bottom of a large pot with tomatoes and/or potatoes and season with salt and pepper. Neatly arrange the stuffed and rolled grape leaves in rows, alternating directions, to completely cover the inside base of the pot. Drizzle each layer with olive oil and season with salt and pepper to taste.
- 7 Place small round plate on top of grape leaves in the pot to hold them down and prevent floating while they are cooking.
- 8 Add 5-6 cups of boiling water to completely cover the grape leaves and the plate, then cover the pot and cook on medium heat for 30 minutes, until most of the water is absorbed and the rice is cooked.
- 9 Add the lemon juice on top of the grape leaves, then cook on low heat for an additional 45 minutes.
- 10 Remove from heat and let cool uncovered for 30 minutes. Transfer to a dish and enjoy warm!



### LAILA

COMMUNITY  
ACCOUNTABILITY  
REPORTING MECHANISMS  
COORDINATOR

I am an experienced worker in the world of NGOs, as I've navigated through different roles and positions in my career path. I started as a program officer in different programs, held roles in grants and program management, in addition to my current role leading on accountability at Mercy Corps Lebanon. I love my work, and accountability is a trait that is common between my personal and professional life. In my free time, I like to spend it with family and friends.

