

Meals to share with your neighbor



**Recipes from around the world to
nourish your body, soul and fellowship**





Welcome!

The Bible is full of stories about welcome and hospitality, and especially stories centered on food.

In Scripture, we read descriptions of feasts and festivals. We learn about God's provision through manna in the desert, the five loaves and two fish, and the Body and Blood of Christ. We are urged to welcome the stranger and show hospitality to the saints.

As a supporter of Lutheran World Relief, hospitality is the holy work you offer the world. With your kindness and generosity, you open your arms to the poor. You put hearty meals on tables. You sow seeds that become a sustainable harvest for hungry families.

Yes, your compassion nourishes people's physical bodies. But it goes deeper than that. Hospitality nourishes the souls of both host and guest, and together we experience the Kingdom of God in a bowl of soup or a cup of piping hot tea.

On these pages, we offer recipes for nutritious foods that your neighbors around the world enjoy every day — thanks to your love and generosity.



UKRAINE

Borscht

Borscht is a nutritious traditional meal enjoyed by Ukrainians. With your support, farming families affected by the war have received training and seeds to grow the key ingredients for this comforting soup.

This recipe for a 3-liter pot is provided by our friends at Namelaka, a popular café in Kyiv.



Ingredients

For the broth:

- 1 lb. ham
- 3 liters water
- 1 carrot
- 1 onion
- 2 teaspoon salt
- ½ teaspoon peppercorns
- 2 bay leaves

For the borscht:

- ½ cup diced onion (peeled)
- 2-3 medium sized carrots (peeled)
- 3 Tbsp sunflower oil
- 2-3 medium sized red beets (peeled)
- 2 Tbsp apple cider vinegar
- 1¼ cup tomato sauce or ketchup
- 2 medium sized potatoes (peeled)
- 1-1½ cup shredded white cabbage
- 2 tsp sugar
- Ground black pepper (to taste)
- 1 clove of garlic

The first step in making borscht is the broth. It can be cooked in advance, as this process takes several hours. We cook the broth with pork, but you can choose the meat to your taste. Rinse the pork. Peel the vegetables, cut them in half, and heat them in a dry pan until dark. Add water and cook for about 2-3 hours, skimming off the foam that forms on the surface. The heat should be low, and the broth should not boil to remain clear and transparent.

While the broth is cooking, prepare the vegetables:

1. Dice onions. Cut carrots into strips. Heat a pan with 1½ Tbsp of sunflower oil, add onions and fry until golden. Add carrots and fry on low heat for 10 minutes. Drain the excess fat using a sieve.
2. Cut the beet into strips. Heat a pan with 1½ Tbsp of sunflower oil and fry on low heat for 5 minutes. Add apple cider vinegar (to preserve the beets' color) and fry for another 5 minutes. Add the ketchup (or your preferred tomato paste). Simmer on low heat until half-cooked (al dente).
3. Strain the ready broth through a sieve. Cut the meat into pieces. Add diced potatoes and cook until half done. Add the fried onion and carrot to the pot.
4. Add shredded cabbage and cook for another 10 minutes.
5. Add the prepared beet, bring to a boil and simmer on low heat for 5 minutes.
6. Add salt, sugar and ground black pepper to taste.
7. Turn off the borscht. Grate the garlic on a fine grater, mix it in and let it infuse for 1 hour.

Notes:

Optionally, you can add beans that have been soaked and cooked in advance; or greens (dill) just before the borscht is ready and removed from the heat to maintain their color. If the white cabbage is young, add it after the beets, as it cooks faster.



UKRAINE

Borscht



Valentina in her field.

Restoring farms destroyed by war

Since retiring, Valentina and Alexander Starikova have farmed their land for food and income. But when Russian troops attacked in February 2022, their village was among the first to be invaded. By the time the troops retreated several months later, the Starikovas' farm was badly damaged.

Your kindness provided agriculture support to 5,500 families this year, including training on how to assess fields for landmines. Farmers learned new techniques for increasing production and received small grants to restore operations. You also provided seeds to grow the ingredients for borscht — a nutritious staple meal in Ukraine that offers comfort and strength to keep going.

“It is hard work,” Valentina says, “but working on the land is not only about obtaining food to eat, but it is also for the soul.”



LUTHERAN WORLD RELIEF

NEPAL Chai

Chai is an important part of daily culture and hospitality in Nepal. The word chai simply means tea. Most commonly, chai is black tea brewed with masala, a mixture of fragrant spices. It can be enjoyed black or with milk.

Alisha Neupane, a finance officer in LWR's Nepal office, shares her process for making "milk tea" — noting that you can always adapt brewing times and spices to your own tastes.



Ingredients

1 cup water

1½ cups whole milk (or milk of your choice)

1½ tsp. loose black tea leaves (Alisha recommends Ilam tea from eastern Nepal)

Whole spices (grated ginger, 5 pc. cardamom, 4 peppercorns, 4 cloves and cinnamon) or a masala mix

Sugar to taste

1. Bring the water to a boil.
2. Stir in the tea leaves and spices and reduce heat. To infuse flavors, simmer 3-5 minutes.
3. Add milk and simmer for an additional 3-5 minutes, or until the tea leaves are dark in color.
4. Strain into cups and add sugar to taste, stirring well until dissolved fully.
5. Enjoy the cozy taste of Nepali masala tea while it's hot!

Serves 2.

The magic of chai

"On a recent trip to Nepal, almost every family we interviewed greeted us with steaming cups of chai. It was so special to be welcomed this way. And by the time our cups were empty, the laughter, smiles and conversation were flowing freely."

– Emily Esworthy,
senior writer for Lutheran World Relief



Alisha Neupane



LUTHERAN WORLD RELIEF

NEPAL Chai



Finding freedom in the kitchen

Laxmi Chaudhary's father did not want daughters, so he sold her into indentured servitude when she was 7 years old. For eight years, she did household chores for a wealthy landowner. In exchange, her father received groceries and other payment. Laxmi earned nothing and could not attend school.

She finally gained her freedom as a teenager. Although life has never been easy, today she has a supportive husband and two daughters, whom they lavish with the love Laxmi never received as a child. She also has a small grocery store that she operates out of their one-room home in Nepal.

It was hard to make ends meet until Laxmi met Lutheran World Relief. For an investment of about \$130, your generosity provided her with kitchen supplies, plastic tables and three months of training in food preparation and business management.

Because of your kindness, Laxmi has doubled her income by adding chai and popular homemade snacks to her offerings and serving them to customers on her porch.

"I am most grateful!" she says. "You have shown us the way. Now it is up to us to step on the path."

LEBANON

Kibbeh

Enveloped in warm and earthy Middle Eastern spices like allspice and ground cinnamon, kibbeh is the epitome of Middle Eastern comfort food.

Recipe by The Mediterranean Dish.
Reprinted with permission.

Prep time: 1 hr 45 min | Cook time: 30 min | Yield: 24-30 pieces

Ingredients

For the Kibbeh (the dough that forms the shells)

- 2 ½ cups fine bulgur wheat
- Water
- 1 large onion, quartered
- 1 ½ lb lean ground beef (or lamb)
- 2 tsp ground allspice
- 1 tsp ground coriander
- ½ tsp ground cinnamon
- 1 tsp black pepper
- Pinch salt
- Oil for frying

For the Meat Filling

- Olive oil
- 1 medium yellow onion, finely chopped or grated
- 1 lb ground lamb or beef, cold
- 1/3 cup toasted pine nuts
- 1 tsp ground allspice
- ½ tsp ground cinnamon
- Pinch salt and pepper



1. Cover a fine mesh strainer with a cheesecloth. Add the bulgur wheat, then place the strainer into a bowl filled with water. Let the bulgur soak for 15 minutes, then bundle the cloth around the bulgur and squeeze all the water out. Repeat until all water is drained. Set aside.
2. Make the kibbeh shells: Put the onion, ground beef, spices and a pinch of salt into the bowl of a large food processor. Process until the meat is very finely ground, almost a paste. Transfer into a large bowl and add the bulgur wheat. Use damp hands to combine the mixture to make a dough. Cover and refrigerate.
3. Make the filling: Heat 1 tbsp olive oil in a skillet. Saute the onion until just golden, then add the ground beef. Cook over medium heat, stirring occasionally until the meat is fully browned. Add the toasted pine nuts, spices, salt and pepper. Stir to combine. Remove from heat and set aside to cool.
4. Remove the kibbeh dough from the fridge and line a baking sheet with parchment paper.
5. Dampen your hands with water, take about 2 Tbsp of the kibbeh dough and form into an oval-shaped disc in the palm of one hand. Use your finger to make a well in the middle of the disc, and gradually hollow out the disc to make a larger well or hole for the filling. Using a spoon, add about 1 tablespoon of the filling. Seal the dough on top and, using both hands, carefully shape it into an oval (football shape). Place the stuffed kibbeh on the baking sheet lined with parchment paper. Repeat the stuffing steps until you run out, making sure to have damp hands throughout.
6. Chill the stuffed kibbeh for 1 hour.
7. Heat the oil in a deep frying pan to 350 degrees F (hot enough that you can see some gentle bubbling, but not too hot where it will burn the kibbeh shells). In batches, deep-fry the kibbeh in the hot oil, being careful not to crowd them, until the kibbeh shells are brown (about 5 minutes). With a slotted spoon or tongs, carefully remove the kibbeh and place them on a pan lined with a paper towel to drain. Repeat until you have fried all the stuffed kibbeh.
8. Serve hot or at room temperature with tahini sauce, tzatziki sauce or plain Greek yogurt. Enjoy!



LUTHERAN WORLD RELIEF

LEBANON Kibbeh



A recipe of hope for refugees

In a kitchen on the edge of the Mediterranean Sea, a group of women are laughing together and making fresh Lebanese dishes like kibbeh. Overseeing production is a quiet woman named Amal al Hilabi.

Amal got the idea to start a ready-made food business after she got to know several of her new neighbors — families who had fled the war in Syria to seek a better life in Lebanon. Ongoing economic troubles have not made it easy for these refugees to provide for their families, and their plight spoke to Amal's heart.

"I have a love of giving, and I wanted them to have a source of income," she said. "So I gathered some women in my kitchen, and we started cooking together."

Amal began preparing traditional Lebanese dishes that are time-consuming to make from scratch but easy to reheate. Her products were instantly popular. Thanks to your support, Lutheran World Relief supports women entrepreneurs like Amal, providing them with training and tools to grow their businesses and networking women together for mentoring and mutual support.

Today she employs eight women who work during school hours so they can balance their work and families. Her kitchen is filled with the rich smells of spices, the warmth of friendship and a brighter outlook for the future.

"It wasn't food," Amal says, "it was humanity that brought us together."

SOUTH SUDAN

Okra

Soup

After a season of hunger, few things taste better and feel more nourishing than a hearty soup – especially when you have worked the soil and raised the ingredients yourself. Okra grows well in South Sudan and is a common staple crop in the camps where families displaced by war or flooding find refuge.

This recipe was originally published on TasteofSouthSudan.com.

Ingredients

2 cups of sliced okra
½ cup chopped onions
2 diced tomatoes
½ teaspoon of baking soda
1 tablespoon oil
Salt as needed
3-4 cups of water



1. Place 1 cup of water in a pot.
2. Add baking soda, chopped onions and bring to a boil.
3. Add okra and 2 more cups of water.
4. Cook for 15 minutes, until okra is tender.
5. Add tomatoes.
6. Add oil and salt to taste.
7. Heat 5 more minutes and then serve.

Home grown hope

Just days after Mary Nyadala Maker gave birth to her fourth child, her husband was killed while foraging for food. Terrified, the young widow decided to grab her children and flee their village to find safety. After a long journey on foot, they found peace in a displacement camp. But there was very little food, and both she and her baby had become malnourished after traveling for days.

Soon she met Lutheran World Relief and received nutrition supplementation, seeds, gardening tools and training on how to grow nourishing foods on her small plot of land in the camp. She now has a thriving garden and provides healthy meals for her family.

They especially enjoy okra soup.

“It really changed my life,” Mary says, holding up the produce she grew herself. “All the mothers and children who were malnourished before are now better because of Lutheran World Relief. They distributed seeds and taught us how to grow new vegetables.”



LUTHERAN WORLD RELIEF

PERU

Queso Fresco

Queso fresco, which translates to “fresh cheese,” is the most popular cheese in Peru. Since there is no aging process, this mild, versatile cheese is quick to make and ready to eat the same day. Try it on tacos, nachos or any Latin food!

This recipe is printed with permission from Analida's Ethnic Spoon. (Visit ethnicspoon.com/how-to-make-perfect-queso-fresco for additional notes.)

Ingredients

½ gal whole milk

2/3 cup vinegar white, distilled

1 Tbsp apple cider vinegar

1 ½ tsp Kosher salt



1. Place a cheese cloth lined colander over a large bowl or pasta pot.
2. On medium heat bring milk to 170 °F, stirring constantly to avoid uneven heating.
3. When the milk reaches the desired temperature, remove from heat and add vinegar types. Stir a couple of times, then allow it to sit untouched on the stove top for about 30-45 minutes.
4. Using a knife start breaking up the curds gently then start transferring to a colander using a slotted spoon.
5. Allow the curds to sit untouched for about 30 minutes so they can drain properly. Add salt and stir lightly.
6. Next, gather the edges of the cheesecloth and tie with kitchen twine or a twist tie. Hang from your sink faucet, and allow it to drip for about 30 minutes.
7. Remove from the cloth and using your hands gently mold the cheese into a flat disc, about 1” tall.
8. Return to the colander and let it sit this way for about 30 minutes.
9. Transfer cheese to a bowl, and place in the refrigerator until ready to use.

Cheese that changes lives

Ana Teresa is an artisanal cheese maker from the community of Cruz Pata in the remote Andes of Peru.

Perched at 13,000 feet above sea level, the harsh climate and persistent poverty make it difficult for families in the region to produce enough food. Malnutrition is a common, and dangerous, reality.

Your kindness extends to even the most treacherous of terrains, helping neighbors like Ana Teresa strengthen their livelihoods and make nutritious food. It starts with healthy, well-fed cows (Ana Teresa has six.)

After being trained in cheesemaking, she began making queso fresco out of her cows' milk in her new cheese house, built with your support. Now, she sells that cheese at the local market, where the extra income — and your steadfast support — has put her children through school and provides additional food for her family.



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**"Now he who supplies seed
to the sower and bread for
food will also supply and
increase your store of seed
and will enlarge the harvest
of your righteousness."**

2 Corinthians 9:10



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