





Ethiopian Chickpea Stew

2 servings

15 minutes

Ingredients

2 tbsps Ghee
2 Yellow Onion (chopped)
1/4 tsp Sea Salt (to taste)
3 tbsps Berbere Spice
1 Tomato (diced)
3 Garlic (cloves, minced)
45 grams Chickpea Flour
595 milliliters Water

Directions

- 1 Heat the ghee in a pot over medium heat. Cook the onions with salt until translucent and slightly browned, about five minutes.
- 2 Add the berbere spice and cook until fragrant, about one minute. Add the tomatoes and garlic. Cook until softened, about two minutes.
- 3 Whisk in the chickpea flour and water. Puree the mixture with an immersion handheld blender until smooth, or your desired consistency is reached.
- 4 Season with more salt, if needed. Let simmer for five more minutes, then serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add niter kibbeh, sugar, or jalapeno.

Additional Toppings: Serve it with injera or rice.

No Ghee: Use niter kibbeh or butter.



Peanut Butter Curry Chickpea Stew

4 servings

45 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 60 milliliters Water
- 65 grams All Natural Peanut Butter
- 475 milliliters Vegetable Broth
- 240 milliliters Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 655 grams Chickpeas (cooked)
- 1 Lime (juiced)
- 4 grams Cilantro (chopped)

Directions

- 1 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 2 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 3 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 4 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 5 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers: Store in the fridge up to 4 days or freeze.

Serving Size: One serving is approximately 2 cups.



Stewed Okra & Tomatoes

4 servings

20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
300 grams Okra (sliced)
2 Tomato (large, chopped)
1/4 tsp Sea Salt

Directions

- 1 Heat oil in a pot over medium heat. Cook onion until tender and translucent.
- 2 Add okra and tomatoes. Cook for about 15 minutes until softened. Season with salt and mix well.
- 3 Transfer to a bowl and serve. Enjoy!

Notes

More Protein: Add lentils, chickpeas, or quinoa.

Serve it With: Bread, flatbread, brown rice cakes, crackers, rice or quinoa.

Extra Toppings: Garnish with yogurt, parsley, cilantro, olives, fruit jam or jelly.

Storage: Refrigerate in an airtight container up to 3 to 5 days. Freeze if longer.



Moroccan Chickpea Stew

4 servings

20 minutes

Ingredients

120 milliliters Vegetable Broth
2 Yellow Onion (medium, diced)
330 grams Chickpeas (cooked, rinsed)
1 1/2 tsps Sea Salt
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
3 Tomato (large, diced)
30 grams Parsley
50 grams Pitted Dates (chopped)

Directions

- 1 Add the broth and the onions to a pot over medium heat. Cook for about 3 minutes until the onions begin to soften. Add the chickpeas, salt, turmeric, cinnamon, cardamom, and cayenne pepper. Continue to cook for 3 more minutes.
- 2 Add the tomatoes, parsley, and the dates to the pot and stir to combine. Reduce the heat to medium-low and cover the pot with a lid. Cook for 10 minutes, stirring occasionally.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup of stew.

More Flavor: Add fresh garlic, ginger, chili flakes, and/or raisins.

Serve it With: Rice, quinoa, roasted potatoes, sweet potato, squash, tortillas or crusty bread.



Lentil & Squash Stew

4 servings

45 minutes

Ingredients

1.4 liters Vegetable Broth (divided)
1 Yellow Onion (chopped)
4 Garlic (clove, minced)
1 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper
1 Carrot (medium, peeled & chopped)
1 Yellow Potato (large, peeled and cut into small cubes)
420 grams Butternut Squash (peeled and cut into small cubes)
190 grams Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.



Savory Chickpea Pancakes

2 servings

25 minutes

Ingredients

- 45 grams Chickpea Flour
- 1/4 tsp Turmeric
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)
- 120 milliliters Water
- 1 stalk Green Onion (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil

Directions

- 1 In a medium bowl, whisk together the chickpea flour, turmeric, cumin, salt, and pepper to ensure no clumps. Pour in the water and green onion and whisk until smooth.
- 2 Heat a large frying pan over medium heat and pour in the oil. Ladle about 1/4 cup of the batter into the pan and cook for two to three minutes, until small bubbles are formed. Flip and cook for another two to three minutes, until golden brown. Divide onto plates. Enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is two small pancakes.

More Flavor: Add chopped garlic and/or onion, or chili flakes.

Additional Toppings: Serve with yogurt, chutney, or hummus on the side for dipping.



Berberé Spice

10 servings

5 minutes

Ingredients

- 30 grams Paprika
- 1 tbsp Cayenne Pepper (ground)
- 1 tbsp Ground Ginger
- 1 tbsp Garlic Powder
- 1 tbsp Dried Basil
- 1 1/2 tsps Ground Fenugreek
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Nutmeg
- 1 tsp Cumin (ground)
- 1 tsp Cardamom (ground)
- 1 tsp White Pepper

Directions

- 1 Combine all ingredients in a jar and shake to combine.

Notes

How to Use: Use as a rub for meat, poultry, and fish, or as a seasoning for stews, soups, grains, and vegetables.

Serving Size: One serving equals one tablespoon.

No Cayenne Pepper: Use chili powder instead.

More Flavor: Use a combination of paprika and smoked paprika. Use whole grain spices and toast lightly before grinding.



Ethiopian Lentil Stew

3 servings

2 hours 30 minutes

Ingredients

- 1 tbsp Coconut Oil
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled, grated)
- 1 1/2 tbsps Berbere Spice
- 210 grams Dry Red Lentils (soaked at least two hours, drained and rinsed)
- 1 tbsp Tomato Paste
- 475 milliliters Water
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (chopped)

Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the garlic, ginger, and Berbere spice. Cook for about one minute.
- 2 Stir in the lentils and tomato paste and cook for two to three more minutes. Add the water, salt, and black pepper. Bring to a boil and then lower to a gentle simmer for about 30 minutes, or until the sauce has thickened to your preference.
- 3 Divide into bowls, garnish with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add cumin, smoked paprika, and spiced butter. Use vegetable broth instead of water.

Additional Toppings: Serve with injera, rice, or collard greens.



Eggplant & Chickpea Stew

4 servings

6 hours

Ingredients

1 Eggplant (medium, diced)
1 Yellow Onion (peeled, diced)
6 Garlic (cloves, minced)
845 grams Diced Tomatoes (from the can, undrained)
330 grams Chickpeas (cooked, rinsed well)
45 grams Dried Apricots (chopped)
1 1/2 tsps Cumin
1 1/2 tsps Smoked Paprika
1 tsp Coriander
1/2 tsp Cinnamon
2 tsps Sea Salt
240 milliliters Vegetable Broth
2 tsps Cilantro (roughly chopped, for topping)

Directions

- 1 Place everything except the cilantro into a slowcooker and cover.
- 2 Cook on low for six to eight hours. Divide into bowls, top with fresh cilantro, and enjoy!

Notes

Leftovers: Store leftovers in an airtight container in the refrigerator for up to four days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Serve with pita bread or top with Greek yogurt.

No Cilantro: Top with fresh parsley instead.



Kenyan Beans & Corn

3 servings

20 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 White Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Smoked Paprika
- 1/2 tsp Curry Powder
- 2 Tomato (medium, diced)
- 355 grams Red Kidney Beans (cooked)
- 165 grams Frozen Corn (or canned)
- 60 milliliters Vegetable Broth, Low Sodium
- 3/4 tsp Sea Salt (to taste)

Directions

- 1 Heat the oil in a pan over medium heat. Cook the onion until translucent, about five minutes. Stir in the garlic, smoked paprika, and curry powder until fragrant, about one minute.
- 2 Add the tomatoes and cook until soft, about two minutes.
- 3 Add the red kidney beans, corn, broth, and salt. Bring to a simmer and cook for 10 minutes.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately one cup.

Additional Toppings: Top with chopped green onion and fresh cilantro.

No Red Kidney Beans: Use black eyed peas instead.



Grilled Okra & Onions

4 servings

15 minutes

Ingredients

400 grams Okra (halved lengthwise)
240 grams Red Onion (sliced)
1 tbsp Avocado Oil
1 tsp Paprika
1/2 tsp Cumin
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the grill over medium-high heat.
- 2 Toss the okra and red onions in the oil, paprika, cumin, turmeric, salt and pepper. Place the veggies in a grilling basket and grill for eight to 10 minutes, until the edges are charred. Remove from grill and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/4 cup.

More Flavor: Add garlic powder, onion powder, and celery salt.



Jollof Quinoa

6 servings

40 minutes

Ingredients

2 Tomato (medium, roughly chopped)
2 Garlic (cloves)
1 Yellow Onion (chopped, divided)
1 1/2 tsps Extra Virgin Olive Oil
2 tsps Curry Powder
1/2 tsp Dried Thyme (leaves)
340 grams Quinoa (dry)
1/4 tsp Sea Salt (to taste)
480 milliliters Vegetable Broth, Low Sodium

Directions

- 1 In a food processor, blend the tomatoes, garlic, and half the onions until smooth. Set aside.
- 2 Heat the oil in a pot over medium heat. Cook the remaining onions until golden, about two minutes. Stir in the curry powder, thyme, and tomato mixture. Cook for one minute.
- 3 Add the quinoa, salt, and vegetable broth. Bring to a boil, then turn the heat to low. Cover and cook for 20 minutes or until the quinoa is cooked. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze in smaller portions if longer.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add red bell pepper and ginger to the tomato mixture. Add cayenne pepper.

Serve it With: Grilled meats, beans, stew, or curry.



One Pan Chickpea Tagine

2 servings

30 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 1 tsp Moroccan Spice Blend
- 245 grams Chickpeas (cooked, rinsed)
- 240 grams Diced Tomatoes (from the can with juices)
- 120 milliliters Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (for garnish, optional)

Directions

- 1 Warm the oil in a pot over medium heat. Add the onion and sauté for three to four minutes or until soft and translucent. Add the Moroccan spice and cook for another minute.
- 2 Add the chickpeas, diced tomatoes, vegetable broth, salt, and pepper to the pot. Bring to simmer, turn the heat to low and let simmer for about 20 minutes.
- 3 Adjust the seasoning to your taste. Divide the tagine between serving bowls, top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup.

More Flavor: Add olives and lemon juice.

Serve it With: Serve over rice or with your choice of bread.



Moroccan Eggplant & Tomato Dip

6 servings

45 minutes

Ingredients

- 1 Eggplant (medium, cut into 1 1/2-inch cubes)
- 1 1/2 tsps Sea Salt (divided)
- 2 tsps Extra Virgin Olive Oil
- 3 Tomato (diced)
- 3 Garlic (clove, minced)
- 2 tsps Cumin
- 1 tsp Smoked Paprika
- 1 tsp Red Pepper Flakes
- 4 grams Cilantro (chopped, plus more for garnish)
- 15 grams Parsley (chopped)
- 80 milliliters Water (plus more if necessary)
- 2 tsps Lemon Juice

Directions

- 1 Place the eggplant cubes in a colander or sieve and toss with 2/3 of the salt. Set aside for 10 minutes then wipe dry.
- 2 Heat the oil in a large non-stick pan over medium-high heat. Add the eggplant cubes, tomatoes, and garlic. Season with cumin, paprika, red pepper flakes, and remaining salt. Cook, stirring, for five minutes, then add the cilantro, parsley, and water.
- 3 Bring the mixture to a boil, then reduce to low heat. Cover with a lid and allow to simmer until very tender, about 20 to 25 minutes. Stir occasionally to prevent sticking and add more water if needed. Remove from the heat.
- 4 Stir in the lemon juice and mash the mixture using a potato masher.
- 5 Transfer to a bowl. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to three days.

Serving Size: One serving is approximately 1/3 cup.

Serve it With: Eat it cold or warm with pita bread, naan bread, veggie sticks, or as a sauce for grilled meat.



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4 servings

45 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (thinly sliced)
- 1/2 tsp Sea Salt (divided)
- 375 grams Mini Potatoes (halved)
- 160 grams Frozen Peas (defrosted)
- 165 grams Frozen Corn (defrosted)
- 1/2 tsp Paprika

Directions

- 1 Heat the oil in a large pan over medium heat. Add the onion and half of the salt, and cook for 20 minutes, stirring frequently, until browned and starting to crisp. Set aside.
- 2 Meanwhile, bring a pot of water to a boil and add the potatoes. Cook for 10 to 15 minutes, until fork tender. Remove the potatoes and reserve the water.
- 3 Add the peas and corn to the pan and cook for two to three minutes. Add the potato and continue to cook for another two to three minutes.
- 4 Add the remaining salt and paprika. Add everything to the bowl of a food processor and blend until mostly smooth. Add a splash of the reserved water as needed. You can also skip the food processor and mash the potato, corn, and peas with a masher until desired consistency.
- 5 Serve with onions on top and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is equal to approximately 1/2 cup.

Serve it With: Alongside your protein of choice.



Nightshade-Free Curry Powder

8 servings

5 minutes

Ingredients

1 tbsp Turmeric
2 tsps Coriander
2 tsps Cumin
1/2 tsp Cinnamon
1/4 tsp Ground Ginger
1/4 tsp Cardamom
1/8 tsp Nutmeg

Directions

- 1 Combine all ingredients in a small bowl and mix well with a fork. Enjoy!

Notes

Leftovers: Keep in an airtight container for up to six months.

Serving Size: One serving is equal to approximately one teaspoon.



Tikka Masala Paste

9 servings

5 minutes

Ingredients

- 1 White Onion (chopped)
- 4 Garlic (cloves, roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 2 tsps Ginger (chopped)
- 2 tsps Garam Masala
- 1 tsp Paprika
- 1 tsp Coriander
- 1 tsp Cumin
- 1/4 tsp Cayenne Pepper
- 2 tsps Tomato Paste
- 1 tbsp Avocado Oil
- 1 tsp Sea Salt

Directions

- 1 In a food processor or blender, combine all ingredients and process until completely smooth. Add water as needed to blend if the mixture is too thick.
- 2 Store in a glass container in the fridge or freeze for longer. Enjoy!

Notes

Leftovers: Store in a sealed container in the fridge for up to one week, or freeze for up to three months.

Serving Size: One serving is two tsps. Recipe yields about 1 1/4 cups paste.

Less Spicy: Omit the chili pepper and/or cayenne.