



## What You Give—Changes Lives

Our Community is committed to help those in need and give them hope.

**75% of gift supports CRS' programs around the world.**

**25% of gift helps alleviate hunger and poverty in our local diocese.**



### Only \$1 a Day During Lent Means:

- ◆ 1 month of food for a family
- ◆ 2 years of seed for a farmer
- ◆ 1 emergency kit for refugees

**Return Filled Bowls to Church  
The Week After Easter**

# Try Recipes From Haiti, Burkina Faso, Malawi, and Kenya

## And Donate Expense of a Dinner Out to CRS!



### Riz National

Makes 4-6 servings

CRS Rice Bowl recipe from Haiti

- 1 onion, chopped
- 3 garlic cloves, minced
- 1 green bell pepper, chopped
- 2 Tbsp olive oil
- 1 cup rice, uncooked
- 2 cans kidney beans, drained
- ½ tsp cumin
- ¼ tsp salt
- ¼ tsp oregano
- ¼ tsp red pepper flakes, crushed
- 2 ½ cups water

Preheat oven to 350F. Fry onion, garlic and green pepper in oil until tender. In a separate bowl, combine and mix all remaining ingredients. Add the onion mixture to the bowl and stir well. Pour mixture into a medium-sized casserole dish. Cover and bake until liquid is absorbed and rice is tender – about an hour. Stir before serving.



### Bean Cakes

Makes 4-5 servings

CRS Rice Bowl recipe from Burkina Faso

- 1 can black-eyed peas, drained
- 1 small onion, chopped
- 2 carrots, peeled / chopped
- 1 egg, whisked
- ½ tsp salt
- ½ tsp black pepper
- 1 cup flour
- ¼ cup oil
- 2 cups cooked rice

Place black-eyed peas in a blender with the onion, carrots, and egg. Blend to a smooth paste and add salt and pepper. If bean mixture has too much liquid to form balls, add ¼ cup of flour to thicken. Shape mixture into 2 inch balls and roll in flour. Pat into flat discs and fry in oil until browned (about 5-7 minutes), turning occasionally. Serve with rice.



### Vegetable Ndiwo

Makes 4 servings

CRS Rice Bowl recipe from Malawi

- 1-2 Tbsp olive oil
- 1 small onion, chopped
- 3 cups chopped greens
- 2 tomatoes, chopped
- 1-2 Tbsp water
- 1 ½ Tbsp fresh ginger, grated
- Salt to taste

Sauté onions in oil until tender. Add remaining ingredients, cover and simmer over medium heat for 5 minutes or until greens are tender. Serve with rice.



### Mukimo

Makes 4-6 servings

CRS Rice Bowl recipe from Kenya

- 4 large potatoes, chopped
- 1 small onion, chopped
- 1-2 cloves garlic, crushed
- ½ tsp salt
- 3 cups leafy greens, chopped
- 1- 16-oz bag frozen corn
- 1- 16-oz bag frozen peas
- 2 Tbsp olive oil

Place potatoes, onions, garlic and salt in pot with water to cover the tops of potatoes. Bring to a boil, then reduce to medium-high heat - simmer until potatoes are tender (~20 minutes). Add greens, corn and peas, and cook until water has completely evaporated (~5 minutes). Add olive oil, salt and pepper to taste - sauté until greens are tender. Remove from heat and mash entire mixture until it resembles mashed potatoes.