

Grocery Lists And Arrival Meals



Afghani refugees

Grocery list:

Carrots (1 bag ph)
Lettuce (1 head ph)
Tomatoes (1 large ph)
Cucumber (1 ph)
Potatoes (1 large bag ph)
White long-grained rice (1 very large bag ph)
Oranges (1 bag ph)
Apples (1 large bag ph)
Eggs (1 dozen ph)
Cream cheese(1 ph)
Jam(1 jar ph)
Green beans (fresh cut)
Chicken or Fish (w/ bone, 1 pp)
Sugar (1 bag ph)
Salt (1 box ph)
Garlic (4 cloves ph)
Tomato paste (1 can ph)
Pita bread (1 loaf ph)
Tumeric (1 unit ph)
Plain Yoghurt (1 container ph)
Black tea (1 box of tea bags ph)
Olive oil (1 bottle ph)
White onions (1 bag ph)

Arrival Meal:

White rice, carrots, browned onions, raisins and baked chicken (halal chicken if refugees are Muslim) seasoned with butter and salt.

Bhutanese refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Spinach (1 large bag ph)
Carrots (1 bag ph)
Potatoes (1 large bag ph)
Onions (2 pp)
Garlic (4 cloves ph)
Apples (1 large bag ph)
Lentils (1 large bag ph)
White Rice (1 very large bag ph)
Cooking Oil (1 bottle ph)
Salt (1 box ph)
Pepper (1 box ph)
Flatbread, without eggs (1 large bag ph)
Chicken or Fish (w/ bone, 1 serving pp)

Arrival Meal:

Baked chicken (halal chicken if refugees are Muslim) with onions and green chili peppers, white rice and boiled potatoes with green chili peppers, onions and oil

Grocery Lists And Arrival Meals



Burmese refugees

Grocery list:

Red cabbage (1 head per household)
White cabbage (1 head per household)
Garlic (4 cloves per household)
Carrots (1 bag per household)
Onion (2 per person)
Cauliflower (1 per person)
Tomato (1 large per household)
Potato (1 large bag per household)
Grapes (1 bag per household)
Bananas (1 bunch per person)
White rice (1 very large bag per household)
Salt (1 box per household) Pepper (1 box per household) Ginger (1 root/knob per household) Cooking oil (one bottle per household) Eggs (1 dozen per household) Chicken, with bone (1 per person) Fish (1 per person) Red chili sauce (1 bottle per household) Orange juice (1 gallon per household)

Arrival Meal: White rice, boiled white cabbage with spicy seasoning, and baked chicken.

Arrival Meal:

Tamarind Pork

Recipe Ingredients:

.1 lb (2 oz) tamarind pulp
1 cup hot water
2 large onions, quartered
4 garlic cloves, crushed
3 whole dried chilies, soaked in hot water
1/2 cup oil
1/4 teaspoon ground turmeric
1 tablespoon shrimp paste
1.5 lb pork, cut into 3cm chunks

Instructions:

Prepare the tamarind first. Add the hot water to the tamarind and soak for a few minutes. Use a fork to mash up the pulp and strain through a sieve to remove any fibers or stones.

Using a pestle and mortar, pound the onions, garlic and dried chilies until they resemble a rough paste. Heat the oil in a saucepan and cook the onion paste for 15-20 minutes. When it has caramelized and turned reddish brown, add the turmeric and shrimp paste. Use a wooden spoon to break up the shrimp paste and stir through the mixture.

Add the pork and cook over a moderate heat until any liquid that has come out of the pork has evaporated. Keep stirring to avoid burning the onions. Pour in the tamarind liquid and bring to the boil. Reduce the heat, cover and simmer for 45-60 minutes.

Check at regular intervals to make sure the gravy has not dried out. Add a little more water if necessary. Check the pork, it should fall apart easily. Season with a little salt if you wish.

Grocery Lists And Arrival Meals



Central African Republic refugees

Grocery List:

Sweet potatoes (1 large bag ph)
Rice (1 very large bag ph)
Fresh spinach (1 bag ph) or collards (1 bag ph)
Carrots (1 bag ph)
Bananas (1 bunch pp)
Plantains (1 bunch pp)
Halal Chicken (1 serving pp) or fish (2 servings pp)
Chili pepper (2 packets ph)
Pepper (1 box ph)
Salt (1 box ph)
Vegetable oil (1 large bottle ph)
Corn flour (1 bag ph)
Fresh green beans (2 servings pp)
Oranges or other tropical fruit (1 large bag ph)
Garlic (4 cloves ph)
Tomato (2 pp)
Onions (2 pp)
Sugar (1 bag ph)
Milk (1 gallon ph)
Tea (1 box of bags ph)
Cassava flour (1 bag ph)- bonus points if you find this

Arrival Meal:

Recipe Ingredients: 2 small onions, finely chopped 2 tbsp oil 2 tomatoes, peeled and sliced 1 green bell pepper, chopped 1kg fresh spinach, chopped 1 tsp salt 2 hot chili peppers 4 tbsp peanut butter 1 bag of rice

Instructions: In a large heavy casserole dish, fry the onions in moderately hot oil until golden brown in color.

Add the tomatoes and green bell pepper. After about a minute, add the spinach, salt and chilies. Cover with a tight-fitting lid. Reduce to a simmer and cook for 5 minutes. Mix the peanut butter with several tablespoons of warm water to form a smooth paste. Add this to the pot and continue cooking for a further 15 minutes, stirring frequently. If necessary, add small amounts of water to the pot to prevent the contents from burning. Stir on a bed of rice.

Grocery Lists And Arrival Meals



Colombian refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onions (2 pp)
Cauliflower (1 pp)
Tomatoes (1 ph)
Potatoes (1 large bag ph)
Oranges (1 bag ph)
Bananas (1 bunch pp)
Cilantro (1 bundle ph)
Avocado (1 pp)
Black beans (1 bag ph)
White Rice (1 very large bag ph)
Salt (1 box ph)
Pepper (1 box ph)
Cooking Oil (1 bottle ph)
Eggs (1 dozen ph)
Chicken (w/ bone, 1 serving pp)
Orange Juice (1 gallon ph)
"Harina para arepas"/Flour for arepas (1 bag ph)
Ketchup (1 bottle ph)
Goya Azafran Seasoning Packet (4 ph)

Arrival Meal:

Rice, kidney beans cooked with tomatoes and green onions, fried green plantains.

Congolese refugees

Grocery list:

Sweet potatoes (1 large bag ph)
Rice (1 very large bag ph)
Fresh spinach or collards (1 bag ph)
Carrots (1 bag ph)
Bananas (1 bunch pp)
Plantains (1 bunch pp)
Halal Chicken (1 serving pp) or
Fish (2 servings pp)
Chili pepper (2 packets ph)
Pepper (1 box ph)
Salt (1 box ph)
Vegetable oil (1 large bottle ph)
Corn flour (1 bag ph)
Fresh green beans (2 servings pp)
Oranges or other tropical fruit (1 large bag ph)
Garlic (4 cloves ph)
Tomato (2 pp)
Onions (2 pp)
Sugar (1 bag ph)
Milk (1 gallon ph)
Tea (1 box of bags ph)
Cassava flour (1 bag ph)- bonus points if you find this

Arrival Meal:

Fried plantains, oranges, okra, rice and beans, chicken (halal if refugee is Muslim) seasoned with salt, pepper, cayenne pepper, onions, and nutmeg topped with tomato sauce.

Grocery Lists And Arrival Meals



Cuban refugees

Grocery list:

Cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onions (2 pp)
Tomatoes (1 ph)
Potatoes (1 large bag ph)
Grapes (1 bag ph)
Bananas (1 bunch pp)
White Rice (1 very large bag ph)
Salt (1 box ph)
Cooking Oil (1 bottle ph)
Eggs (1 dozen ph)
Chicken or Fish (w/ bone, 1 pp)
Orange Juice (1 gallon ph)
Coffee (Brand: Bustelo)
Sliced bread/rolls
Butter
Coffee pot
Tylenol
Pepto-Bismol
Thermometer

Arrival Meal:

Fried plantains, rice black beans and picadillo, which is ground beef cooked in a light tomato sauce, garlic and green bell peppers served over rice

Iraqi refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Onions (2 pp)
Tomatoes (1 ph)
Potatoes (1 large bag ph)
Apples (1 large bag ph)
Bananas (1 bunch pp)
Spinach (1 large bag ph)
Salt (1 box ph)
Cooking Oil (1 bottle ph)
Eggs (1 dozen ph)
Beans, whole cut (1 bag beans ph)
Bread, regular and/or pita (1 loaf ph)
Fish or halal meat (1 serving pp)
White Rice (1 very large bag ph)
Lentils (1 large bag ph)
Pepper (1 box ph)

Arrival Meal:

Rice (with nuts),
Chickpeas with spices (or hummus/pita)
Green beans

Grocery Lists And Arrival Meals



Eritrean refugees

Grocery list:

Coffee (1 large can ph)
Injera/flatbread (1-2 packs ph)
Tomatoes (4-6 ph)
Hot peppers (5-6 ph)
Chickpeas or lentils (1 large bag ph)
Onions (1 pp)
Garlic (4 cloves ph)
Ginger (2 roots ph)
Berbere or spice mix: chili peppers, basil, curry powder, cumin, turmeric, black pepper
Pasta (1 box ph)
Chicken, beef, or lamb (4 servings ph)
Oil (1 bottle ph)
Light butter (1 small box ph)
Cornmeal (1 small bag ph)
White cabbage (1 head ph)
Red cabbage (1 head ph)
Tea (1 box ph)
Sugar (1 large bag ph)
Fruit juice (1 bottle ph)
Bananas (1 bunch ph)
Romaine lettuce (1 head ph)
Carrots (1 bag ph)
Salt (1 box ph)
Honey (1 bottle ph)

Arrival meal:

Name: Alich

Categories: Meats

Yield: 6 servings

Recipe ingredients:

1 c Onions; sliced
2 tb Corn oil
2 lb Meat with bone; beef, lamb or goat, cut in 3 inch pieces
2 cl Garlic; sliced
1 ts Salt; to taste
1 ea Fresh hot green chili; sliced
1/4 ts Ginger root; crushed, fresh
1/4 ts Mustard seeds; crushed
1/4 ts Caraway; crushed
1/4 ts Tumeric; ground
1 1/2 c Water

Instructions:

Alich is a curry-like meal. In dry pan over medium heat, stir fry onions for 2 mins. Add the oil and stir fry 1 minute longer. Add the meat and brown 5 mins, stirring frequently. Add all of the spices and seasonings at one time and stir well. Add the water and bring to a boil. Cover the pan and cook over moderate heat for about 45 mins, or until the meat is tender. Should the curry dry out too quickly, add another 1/2c water. At the end of the 45 mins, there should be very little sauce. Serve warm or at room temperature.

Grocery Lists And Arrival Meals



Iraqi Recipes:

Falafel (Serves 4)

Prep Time: 15 minutes.

Cook Time: 1 hour, 45 minutes Total
Time: 2 hours

Ingredients

1 cup dried chickpeas/ 16 oz. chickpeas
or garbanzo beans
1 large onion, chopped
2 cloves of garlic, chopped
3 tablespoons of fresh parsley, chopped
1 teaspoon coriander
1 teaspoon cumin
2 tablespoons flour
Salt, Pepper
Oil for frying

Preparation:

Place dried chickpeas in a bowl, covering with cold water. Allow to soak overnight. Omit this step if using canned beans. Drain chickpeas, and place in pan with fresh water, and bring to a boil. Allow to boil for 5 minutes, then let simmer on low for about an hour. Drain and allow to cool for 15 minutes. Combine chickpeas, garlic, onion, coriander, cumin, salt and pepper (to taste) in medium bowl. Add flour.

Mash chickpeas, ensuring to mix ingredients together. You can also combine ingredients in a food processor. You want the result to be a thick paste. Form the mixture into small balls, about the size of a ping pong ball.

Slightly flatten. Fry in 2 inches of oil at 350 degrees until golden brown (5-7 minutes). Serve hot.

Serving Suggestion Falafel can be served as an appetizer with hummus and tahini, or as a main course. Stuff pita bread with falafel, lettuce, tomatoes, tahini, salt and pepper. As an alternative, falafel can be formed into patties and served like a burger.

Kofta

Prep Time: 15 minutes.

Cook Time: 45 minutes

Total Time: 1 hour

Ingredients:

3 lbs ground beef (ground extra fine)
1 large onion
1/2 cup of fresh parsley, chopped
Salt, Pepper

Preparation:

Finely chop onion and parsley. Time saving Tip: Use a food processor. Add onions and parsley to ground beef in a large bowl. Add salt and pepper to taste. Form the mixture into small balls and place five balls onto a skewer. Shape the meat into a cigar shape on the skewer. Bake at 350 for 45 minutes, or if grilling, grill for 20-25 minutes or until done. Serve over a bed of white rice.

Serving Suggestions: Kofta is often served on flatbread (without skewers) or pita bread. It is also common to see it served on a hotdog bun.

Grocery Lists And Arrival Meals



Fasulia

Prep Time: 15 minutes

Cook Time: 2 hours

Total Time: 2 hours, 15 minutes

Ingredients:

1 lb stew meat (lamb or beef)
1 pound frozen or fresh green beans
16 oz canned crushed tomatoes
4 oz. canned tomato puree
1 medium onion, chopped
2 cloves garlic, crushed
1/2 teaspoon cumin
1 teaspoon coriander
1/8 teaspoon allspice
8 cups water salt and pepper to taste
2 tablespoons olive oil

Preparation:

In a large saucepan, brown meat with olive oil. Add onions and garlic. Add crushed tomatoes, stirring well with meat, garlic and onion. Add cumin, coriander, salt and pepper, and allspice. Add water and tomato puree. Stir and combine well. Add green beans and bring to a boil.
Reduce heat to low and simmer for 2 hours, or until meat is tender and done. The sauce should thicken as it cooks. If it does not, add 1/2 cup all-purpose flour.
Serve with white rice and a salad.

Somali refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Carrots (1 bag ph)
Onions (2 pp)
Tomatoes (1 ph)
Apples (1 large bag ph)
Oranges (1 bag ph)
Romaine Lettuce (1 head ph)
White Rice (1 very large bag ph)
Eggs (1 dozen ph)
Milk (1 gallon ph)
Bread (1 loaf ph)
Cooking Oil (1 bottle ph)
Fish (1 fish pp)
Salt (1 box ph)
Pepper (1 box ph)
Pasta (1 box ph)
Bananas (1 bunch pp)
Black tea (2 boxes ph)
Sugar (1 large bag ph)

Arrival Meal:

Steamed rice
Steamed vegetables
Halal chicken

Grocery Lists And Arrival Meals



Sudanese refugees

Grocery list:

White Cabbage (1 head ph)
Red Cabbage (1 head ph)
Garlic (4 cloves ph)
Onions (2 pp)
Tomatoes (1 ph)
Potatoes (1 large bag ph)
Apples (1 large bag ph)
Bananas (1 bunch pp)
Spinach (1 large bag ph)
Salt (1 box ph)
Cooking Oil (1 bottle ph)
Eggs (1 dozen ph)
Beans, whole cut (1 bag beans ph)
Bread, regular and/or pita (1 loaf ph)
Fish or halal meat (1 serving pp)
White Rice (1 very large bag ph)
Lentils (1 large bag ph)
Pepper (1 box ph)

Arrival Meal:

(Please package all these items
separately)
Green beans
Potatoes
Rice
Tomato-based sauce