

A young girl in a red sweater is the central focus, holding a metal plate of rice and beans. She is looking directly at the camera with a slight smile. In the background, other children in school uniforms are seated at tables in a school cafeteria. The text "FEAST WITH PURPOSE: A MEAL THAT TRANSFORMS LIVES" is overlaid on the left side of the image in white, bold, sans-serif font. A vertical white line is positioned to the left of the text.

**FEAST WITH
PURPOSE: A
MEAL THAT
TRANSFORMS
LIVES**

"At the table, where food and stories are passed from one person to another and one generation to another, is where each of us learns who we are, where we come from, what we can be, to whom we belong, and to what we are called."

L. Sweet

Gathering at the Table: Food, Fellowship, and Healing

Throughout Scripture, food is more than just nourishment - it is a means of connection, hospitality and grace. From the manna in the wilderness to the feeding of the five thousand, and ultimately the breaking of bread at the Last Supper, meals have always been a place where God's provision meets human need. Jesus often shared meals with others, using these moments to teach, heal and extend His love.

The table is more than just a place to eat - it is a place where relationships are deepened, where stories are shared and where lives are transformed.

At BethanyKids, we believe in this same spirit of fellowship and care, offering life-changing medical care to children across Africa. Just as a shared meal nourishes both body and soul, your support of BethanyKids brings healing, hope and transformation to those who need it most.

This booklet is an invitation - to cook, to gather and to share. May these recipes not only bless your table but also remind us all of the greater mission we are called to: caring for the least of these in Christ's name.



HOW TO GET STARTED

Feast with Purpose is an invitation - to gather your friends or family around the table, enjoy a delicious meal, and share the story of *BethanyKids*. When we eat together, conversations flow, relationships grow, and we get to experience the beauty of different cultures.

This booklet offers two meal options, each with three courses inspired by the flavors of Africa, provided by our very own *BethanyKids* staff. You can mix and match to create your own menu, whether you're cooking just one recipe or hosting a full feast.

Alongside your meal, we encourage you to share a short video about *BethanyKids* - a glimpse into the life-changing medical care and hope being provided to children across Africa.

So set the table, invite others in, and feast with purpose - because a shared meal can do more than nourish; it can spark compassion and inspire change.





MEAL #1:
Ethiopia

Injera (Ethiopian Fermented Flatbread)

Makes 4 | Prep Time: 10 mins. | Resting Time: 10-12 hrs. | Cook Time: 10 mins.

Ingredients:

- $\frac{3}{4}$ cup teff flour
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{4}$ tsp salt
- $1 \frac{1}{4}$ cups warm water
- $\frac{1}{2}$ tsp instant yeast
- Cooking oil for the pan

Instructions:

1. In a medium bowl, whisk together teff flour, all-purpose flour, salt, and yeast. Slowly add the warm water, whisking until smooth (like thin pancake batter). Cover loosely and let rest at room temperature for 1–2 hours (or overnight for deeper flavor).
2. Lightly oil a large non-stick skillet or crepe pan and heat over medium. Stir the batter gently. Pour about $\frac{1}{2}$ cup into the pan and swirl quickly to spread. Cover with a lid and cook for 1–2 minutes until bubbles form and the top is dry. Do not flip.
3. Remove the injera with a spatula and let cool on a clean towel. Repeat with remaining batter.

Tip:

- Find teff flour at health food stores, African markets, or Amazon. Use flour, not grain. Brown teff is common; white is milder - both work well.



A close-up photograph of a bowl of Shiro Wat, an Ethiopian chickpea stew. The stew is a vibrant orange-brown color and is served in a dark, rustic bowl. A mound of white, fluffy rice is placed in the center of the bowl, topped with fresh green cilantro leaves. The bowl is set on a woven bamboo placemat. The background is softly blurred, showing a wooden surface and a white cloth.

Shiro Wat (Ethiopian Chickpea Stew)

Serves 4-6 | Prep Time: 10 mins. | Cook Time: 30 mins.

Ingredients:

- 1 cup shiro powder (finely ground chickpea or broad bean flour; see tips below)
- 3 tbsp neutral oil + ½ tsp turmeric + pinch of cardamom & cinnamon
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced (or 1 tsp ground ginger)
- 1/2 tbsp berbere spice blend (adjust to taste)
- 6 cups water (plus extra for thinning)
- Salt, to taste
- Optional garnish: chopped fresh cilantro or a drizzle of olive oil

Ingredient Tips:

- Shiro powder: Look for “shiro” or “shiro powder” in African/International markets or online. If unavailable, use chickpea flour (besan) but toast it lightly in a dry pan until fragrant before using.
- Berbere: Essential for heat and depth. Available online or at spice shops; substitute chili powder + paprika + ground fenugreek + cumin in a pinch.



Shiro Wat (Ethiopian Chickpea Stew)

Serves 4-6 | Prep Time: 10 mins. | Cook Time: 30 mins.

Instructions:

- 1. In a medium pot, heat the oil over medium heat. Add onion and cook until soft and translucent, about 5–7 minutes. Stir in garlic and ginger and cook 1 minute more.*
- 2. Add berbere and a pinch of salt. Stir constantly for 30 seconds to toast the spice and deepen its flavor.*
- 3. Pour in the shiro powder (or toasted chickpea flour) and stir to coat the aromatics, creating a thick paste.*
- 4. Gradually whisk in 3 cups of water to prevent lumps. Bring to a gentle simmer, then reduce heat to low. Cook, stirring frequently, until thickened - about 10–15 minutes. If it becomes too thick, slowly add more water, $\frac{1}{4}$ cup at a time, up to an additional 3 cups, until you reach a creamy consistency.*
- 5. Taste and add more salt or berbere if desired. The stew should be smooth, richly spiced, and not overly thin.*
- 6. Ladle onto a plate of injera or rice. Garnish with cilantro or a drizzle of olive oil if you like.*

Serving Suggestion: *Tear off pieces of injera and use them to scoop up the shiro wot. Great alongside steamed greens.*

Meshebeke (Ethiopian Sweet Fritters)

Serves 12-16 | Prep Time: 15 mins. | Cook Time: 60 mins.

Ingredients:

- 1½ cups all-purpose flour
- 1 tsp baking powder
- ½ cup plain Greek yogurt
- 1.5 cup water
- For syrup: 1 cup sugar, ½ cup water, 1 tsp. Lemon juice, 1 tsp. Vanilla, ½ tsp. ground cardamom
- Neutral oil for frying

Instructions:

Syrup:

- Heat sugar + water in saucepan, stirring to dissolve.
- Simmer (no stirring once boiling).
- Add lemon juice, vanilla, cardamom.
- Simmer 8–10 min until slightly thickened.
- Cool to room temp.

Batter:

- Mix flour + baking powder.
- Add yogurt + water; stir until smooth/pourable. Add water as needed, ¼ cup at a time.

Fry:

- Heat ½ inch neutral oil to 175–185°C.
- Pipe batter into oil in circular, lacy shapes.
- Fry until golden, turning gently.
- Drain on paper towels.

Finish:

- Dip warm fritters in cooled syrup + serve.



MEAL #2: Kenya



Kachumbari (East African Tomato-Onion Salad)

Serves 4-6 | Prep Time: 15-20 mins.

Ingredients:

- *4 large ripe tomatoes, finely chopped or thinly sliced*
- *1/2 medium red onion, thinly sliced*
- *1 small green chili (e.g., serrano), finely chopped (optional)*
- *Juice of 2-3 limes (to taste)*
- *A small bunch of fresh cilantro (coriander), chopped*
- *Salt, to taste*

(Optional additions: 1 small cucumber or ½ avocado, chopped)

Instructions:

- 1. Place sliced onions in a bowl of cold water with a pinch of salt and a squeeze of lime juice. Let sit for 10–15 minutes to reduce sharpness, then drain.*
- 2. In a bowl, mix tomatoes, drained onions, chili, and cilantro.*
- 3. Add lime juice and salt to taste. Toss gently until well combined.*
- 4. Let it sit for a few minutes to allow the flavors to meld.*

Tips:

- *Use firm tomatoes (like Roma). Best served fresh, but keeps for a few hours.*



Chapati (East African Flatbread)

Makes 6-8 chapatis | Prep Time: 25 mins. | Rest Time: 70 mins. | Cook Time: 20 mins.

Ingredients:

- 3 cups all-purpose flour
- 1 tsp salt
- 1 tbsp sugar
- 1 1/4 cup warm water
- 2 tbsp cooking oil (plus more for frying)
- Extra flour for rolling

Instructions:

1. Mix flour, salt, and sugar in a bowl.
2. Add warm water gradually and knead into a soft dough.
3. Add oil and knead again until smooth.
4. Cover with a damp cloth and rest 60 minutes.
5. Divide into 6-8 balls.
6. On a floured surface, roll each ball to 1/8" thick.
7. Roll into a log, coil into a spiral, then roll out again to 1/8".
8. Heat a pan on medium-low. Lightly spray, place chapati on the pan, and cook until it bubbles and browns.
9. Spray top, flip, and cook the second side.
10. Repeat with remaining dough.



Beef Stew (East African)

Serves 4 | Prep Time: 20 mins. | Cook Time: 60-75 mins.

Ingredients:

- 2–3 tbsp cooking oil
- ½ kg beef (cubed)
- 1 large onion, diced
- 1 tsp garlic & ginger paste
- 2 tomatoes, chopped
- 2 tbsp tomato paste
- 1 beef cube
- 1 tsp curry powder
- Salt to taste
- 2 carrots, chopped
- 2 potatoes, chopped
- 1 green bell pepper, chopped
- Fresh coriander for garnish

Instructions:

1. Heat oil in a large pot and brown the beef.
2. Add garlic & ginger paste; cook 2–3 minutes.
3. Stir in onions and cook until soft.
4. Add tomatoes, tomato paste, beef cube, curry and salt; simmer until saucy.
5. Add carrots, potatoes, bell pepper, and 2 cups of water. Simmer 45–60 minutes, until the vegetables soften and the meat is tender.
6. Add water as needed to achieve desired consistency
7. Season to taste. Garnish with coriander.
8. Serve with rice or chapati.



BRINGING HEALING TOGETHER



THANK YOU FOR FEASTING WITH PURPOSE

As you finish your meal, we hope it's been more than good food - it's been connection, conversation, and a glimpse into the hope BethanyKids brings across Africa.

You've taken part in something bigger: a movement built on care, compassion, and community.

Before the plates are cleared:

 *Share what inspired you about BethanyKids*


 *If you haven't already, watch the short video together*

 *Talk about ways to pray, spread the word, or get involved*

The meal may end, but the impact can last far beyond today. Thank you for being part of this story of healing and transformation.

*With Gratitude,
The BethanyKids Team*



A close-up photograph of a person's hands holding a white plate with a red rim, filled with yellow, boiled potatoes. The person is also holding a blue fork with a single potato on it. The background is dark and out of focus, showing other people and a patterned tablecloth. The overall mood is warm and intimate.

"When we invite friends for a meal, we do much more than offer them food for their bodies. We offer friendship, fellowship, good conversation, intimacy, and closeness."

Henri Nouwen

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