

A smiling woman wearing a vibrant yellow headscarf with a white and pink floral pattern. She is sitting in front of a textured, reddish-brown mud wall. Her hands are resting on a large, shallow, light-colored bowl filled with dark, round objects, possibly beans or lentils. The overall scene is bright and positive.

The
Hunger
Project.

Our Shared Plate

THE HUNGER PROJECT'S GLOBAL RECIPE COLLECTION



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Dear Friends,

Food is more than nourishment. It is a language of love, of dignity, of hope. When we sit together around a shared meal, we remember that we belong to one another.

In Malawi's remote villages, we sit in a circle and eat from one plate. It brings people as close as possible to one another and conversations continue in that circle well after the meal is over.

This collection of recipes is an invitation—not just to cook, but to connect. As you chop, stir and share these meals with your family and friends, may you also feel a deeper connection to our partners across Africa, Latin America and South Asia—the vibrant communities who inspired these recipes.

As we say in Malawi, *idyani bwino*, enjoy your meal.

Forward together,



A handwritten signature in blue ink that reads "Rowlands". The signature is fluid and cursive.

Rowlands Kaotcha
President & CEO
The Hunger Project

Across Africa, Latin America and South Asia, The Hunger Project's work has touched millions of people in more than 20,000 communities. Our holistic programs are women-centered and community-led to address the root causes of hunger.



BURKINA FASO

The Hunger Project has been working in Burkina Faso since 1997. Through our Epicenter Strategy, we are elevating the voices of community leaders to ensure that rural areas have access to the basic services they need to thrive. At the end of 2024, there were 12 self-reliant epicenters in Burkina Faso, reaching nearly 282,000 people. Today, we actively partner with 27,600 people through special initiatives focused on maternal and child nutrition, entrepreneurship and food security.



LE BABENDA (VEGAN)

[Recipe on the following page >>](#)

LE BABENDA (VEGAN)



PREP TIME:
10 MINS



COOK TIME:
25 MINS



READY IN:
35 MINS



SERVES:
2 PEOPLE

INGREDIENTS

2/3 cup broken rice (cut in half or smaller)

3 tablespoons roasted peanuts, finely ground

2 tablespoons fermented locust beans*

1 bunch leafy greens, e.g. spinach (about 9-10 ounces)

1-2 scallions

Salt to taste (about 1/2 teaspoon)

1-2 cups water

Scotch bonnet, or other chili to taste (optional)

*Fermented locust beans are known by various names. In Burkina Faso, they are often called *soumbala* or *dawadawa*. If fermented locust beans are not available in your area, fermented bean sauce could be substituted.

DIRECTIONS

1. Blend rice with a bit of water. Set aside, preserving the water.
2. Blend peanuts with a bit of the water. Set aside, preserving the water.
3. Grind the fermented locust beans, adding water if needed. The beans should be about half size or smaller.
4. Slice the scallions and tear the leaves into smaller chunks.
5. Deseed the chili (optional preparation for a less spicy flavor).
6. Add all ingredients to a large pot and bring to a boil.
7. Let simmer for about 20 minutes, stirring to avoid burning and adding more water if needed, until the rice is mushy and has absorbed most of the water.



ETHIOPIA

Addressing hunger in Ethiopia has been at the forefront of **The Hunger Project's** advocacy and awareness work since the 1980s. In 2004, we started our first community programs in the country. Hunger in Ethiopia is caused by many challenges, including environmental degradation, climate change, access to health services, clean water and gender inequality. Today, we reach over 179,000 people with holistic programs that address these challenges and more. For example, Ethiopia is a leader in reforestation in Africa. Our community partners have been engaging in this work, establishing local tree nurseries and leading planting campaigns. These efforts have been creating healthier watersheds and improved food security.



DORO WAT WITH INJERA BREAD

[Recipe on the following page >>](#)

DORO WAT WITH INJERA BREAD



PREP TIME:
10 MINS



COOK TIME:
2 HRS 30 MINS



READY IN:
2 HRS 40 MINS



SERVES:
6 PEOPLE

INGREDIENTS

3 pounds chicken thighs cut into 1-inch pieces, or 3 chicken breasts cut into 1/2-inch pieces

2 tablespoons fresh lemon juice

2 tablespoons niter kibbeh (substitute clarified butter or ghee)

2 tablespoons extra virgin olive oil

3 cups yellow onions

3 tablespoons butter

1 tablespoon finely minced garlic

1 tablespoon finely minced ginger

1/4 cup Ethiopian Berbere spice blend

1 1/2 teaspoons salt

1/2 cup Tej Ethiopian honey wine (substitute white wine mixed with 1 teaspoon honey)

DIRECTIONS

1. Place the chicken pieces in a bowl and pour lemon juice over. Let sit at room temperature for at least 30 minutes.
2. Dice the onions and turn them into a chunky puree using a food processor.
3. Heat the niter kibbeh along with the olive oil in a dutch oven. Add the onions and sauté, covered, over low heat for 45 minutes, stirring occasionally.
4. Add the garlic, ginger and 1 tablespoon butter and continue to sauté, covered, for another 20 minutes, stirring occasionally.
5. Add the berbere and the 2 remaining tablespoons of butter and sauté, covered, over low heat for another 30 minutes, stirring occasionally.
6. Add the chicken, broth, salt and wine and bring to a boil. Reduce the heat to low, cover and simmer for 45 minutes, stirring occasionally.
7. Adjust the seasonings, adding more berbere according to heat preference. Add the boiled eggs and simmer on low heat, covered, for another 15 minutes.

DORO WAT WITH INJERA BREAD (CONT'D)**INGREDIENTS**

1 cup chicken stock

4 hard-boiled eggs pierced all over with a fork about 1/4 inch deep

DIRECTIONS

8. Half or quarter the eggs and arrange on the plates with the stew. Serve hot with *injera* (recipe below), bread of your choice or rice.*

*Traditionally, Doro Wat is served with *injera*, an Ethiopian flatbread made with teff flour (a grain indigenous to the area). Used in place of an eating utensil, *injera* is used to scoop up the chicken stew. You should prepare the batter a few days ahead of time, then make the flatbread pancakes in the final stages of simmering your Doro Wat.

INJERA BREAD**INGREDIENTS**

1/4 cup teff flour

3/4 cup all-purpose flour

1 cup distilled water (tap water additives can interfere with fermentation)

Peanut or vegetable oil (to lightly oil the pan when cooking)

Pinch of salt

DIRECTIONS

1. Put the teff flour in the bottom of a mixing bowl and sift in the all-purpose flour.
2. Slowly add the distilled water, stirring to avoid lumps.
3. Put the batter aside for a day or more (up to three days) to allow it to ferment. In this time, your *injera* batter will start to bubble and acquire the slight tanginess for which it's known. Note: If you find that your batter does not ferment on its own, try adding a teaspoon of yeast.
4. Stir in a pinch of salt.
5. When you're ready to make the *injera*, heat a nonstick pan or lightly oiled cast-iron skillet until a water drop dances on the surface. Make sure the pan surface is smooth to keep the *injera* from falling apart when you remove it.
6. Coat the hot pan with a thin layer of batter, thicker than a crêpe, but not as thick as a traditional pancake. The bread will rise slightly when it heats.
7. Cook until holes appear on the surface. Once the top surface is dry, remove the bread from the pan and let it cool.



BANGLADESH

The Hunger Project's work in Bangladesh began in 1990, when university students mobilized Youth Ending Hunger groups. These groups advocated at the 1990 World Summit for Children and served as first responders during the 1991 cyclone. Together with thousands of volunteer community leaders, The Hunger Project is the largest volunteer-based organization in Bangladesh. In more than 140 unions, these leaders are working with us to achieve the Sustainable Development Goals in their communities. Our work builds grassroots civil society from the bottom up by establishing a partnership between civil society, elected representatives and government service providers.



MISHTI DOI

[Recipe on the following page >>](#)

BANGLADESH

MISHTI DOI



PREP TIME:
5 MINS



COOK TIME:
30 MINS



READY IN:
35 MINS



SERVES:
4 PEOPLE

INGREDIENTS

4 cups whole (full-fat) milk

3/4 cup finely chopped palm jaggery (can be substituted with brown sugar)

1/2 teaspoon green cardamom powder (optional)

2 tablespoons dahi or a yogurt starter

DIRECTIONS

1. Place the milk in a heavy pan or kadai (or wok) on low to medium-low heat.
2. Let the milk come to a boil, stirring occasionally.
3. Continue simmering the milk on low to medium-low heat, stirring often.
4. As you are stirring, scrape the dried milk solids from the sides of the pan and reincorporate into the simmering milk.
5. Continue simmering, reducing the milk by 1/3 to 1/2 of its original volume.
6. Remove from the heat and cool for about 8 to 9 minutes.
7. Add the chopped palm jaggery and mix well until dissolved.
8. Add the cardamom powder (optional) and mix well as the milk continues to cool.
9. Use a cooking thermometer to monitor the temperature. When the mixture is between 104 to 111 degrees Fahrenheit, add dahi or yogurt starter using a whisk to mix well until dissolved.

DIRECTIONS

10. Pour the doi mixture into earthen or terracotta bowls and cover with a lid or seal with aluminium foil. Keep in a warm place for the Mishti Doi to set. (Timing varies, based on the temperature in your kitchen, from 7 to 24 hours.)
11. When set, the Mishti Doi should appear firm with a gentle wobble. Place the bowls in the refrigerator for storage. When refrigerated, it will keep for 5-6 days.
12. Serve Mishti Doi cold or chilled with your meals, or as a dessert.



DID YOU KNOW...

The Hunger Project operates in 22 countries across three continents!

We work in 13 Program Countries throughout Africa, South Asia and Latin America—including Bangladesh, Benin, Burkina Faso, Ethiopia, Ghana, India, Malawi, Mexico, Mozambique, Peru, Senegal, Uganda and Zambia—while 9 Partner Countries help raise awareness and investment for our community-led programs. This global network allows us to share knowledge, strategies and innovations across cultures while respecting the unique needs and solutions of each community we partner with.



INDIA

The Hunger Project's work to address issues of hunger and poverty in India reaches nearly five million people across five states—Karnataka, Madhya Pradesh, Odisha, Rajasthan and Uttarakhand. Built from the understanding that women's empowerment is key to ending hunger, we work with Elected Women Representatives in panchayats, or village councils, to ensure they have the tools and knowledge needed to effectively lead. These women spend their lives addressing the needs of their constituents, driving progress for all. In 2015, we started an Adolescent Girls program to mobilize girls in the panchayats to undertake interventions that strengthen their voice and agency—fostering the next generation of leaders for the end of hunger.



CHANA DAL

[Recipe on the following page >>](#)



PREP TIME:
15 MINS



COOK TIME:
45 MINS



READY IN:
60 MINS



SERVES:
2-3 PEOPLE

INGREDIENTS

1/2 cup chana dal
(split chickpeas)

1 1/4 cups water

2 tablespoons ghee or butter

1/2 - 3/4 teaspoon cumin

1/4 cup chopped shallot
or onion

1 green chili

1 teaspoon ginger or garlic
(or make a paste of 3/4 inch
ginger and 2 garlic cloves)

1 medium tomato finely
chopped (1/2 cup, or 1/4 cup
tomato puree)

1 dried red chili broken

1/2 teaspoon salt

1/4 - 3/4 teaspoon Kashmiri
red chili powder

1/4 - 1/2 teaspoon garam
masala

DIRECTIONS

1. Rinse chana dal until water runs clear, then soak for at least 1 hour (or up to 4 hours).
2. Drain and place in a pot with 1 1/4 cup of fresh water.
3. Cook on medium heat until chana dal are mashable but still able to hold their shape. Drain, but reserve cooking water to add later.
4. In a skillet or frying pan, heat ghee or oil and sauté red chili and cumin until cumin begins to sputter.
5. Add asafoetida/hing, green chilies and onion. Continue sautéing until onions are slightly golden.
6. Add ginger and/or garlic and sauté for about 1 minute until aromatic.
7. Add tomatoes, salt and turmeric and cook until tomatoes are soft.
8. Add Kashmiri chili powder and garam masala and continue cooking 1-2 minutes.
9. Mix into the chana dal along with cooking water, lightly mashing with a spatula to get the consistency you like. Add more splashes of additional water as needed.

INGREDIENTS

1/2 teaspoon dried
fenugreek leaves

1/8 teaspoon
asafoetida/hing spice
(optional)

GARNISH:

2 tablespoons finely
chopped coriander or
cilantro

1 tablespoon lemon juice
(or 1/2 teaspoon dried
mango powder)

DIRECTIONS

10. Cook until bubbly, being careful not to overcook. (If the mixture becomes too dry, add a few spoonfuls of the reserved cooking water.)
11. Stir in crushed fenugreek leaves and mango powder (optional).
12. Remove from heat and garnish with coriander (or cilantro) and lemon juice.
13. Serve with rice, papad (lentil wafers) or a vegetable salad.



DID YOU KNOW...

In India alone, The Hunger Project has trained over 197,000 Elected Women Representatives in village councils! These women leaders serve 5-year terms and are responsible for making critical decisions about their communities' development, from clean water projects to education initiatives. Through our leadership programs, they develop from newly elected representatives into confident, powerful advocates for change.





MEXICO

The Hunger Project's approach in Mexico works to support Indigenous, rural and historically marginalized communities to achieve self-reliance. We facilitate this by working with elected leaders across all levels of government to recognize and support Indigenous communities, and by elevating the voices of empowered leaders, especially women, to advocate for themselves and for the resources that they need—based on their own assessments and vision for their community.



OAXACA-STYLE MOLE NEGRO WITH CHICKEN

[Recipe on the following page >>](#)

OAXACA-STYLE MOLE NEGRO WITH CHICKEN



PREP TIME:
40 MINS



COOK TIME:
2 HRS 15 MINS



READY IN:
2 HRS 55 MINS



SERVES:
4-6 PEOPLE

INGREDIENTS

8 guajillo chilies

4 dry chilhuacle chili
peppers*

4 mulato chili peppers*

1/3 cup sesame seeds (more
for garnish)

1/4 cup raisins

7 almonds

1/4 cup walnuts

1/8 piece whole nutmeg

2 allspice berries

3 whole cloves

1 cinnamon stick

**Local cooks are more likely to use chihuacle chilies and mulato chilies in this dish, but you can substitute cascabel and black ancho chilies if these are not readily available in your area.*

DIRECTIONS

- 1. Chilies:** Remove stems and seeds from the chilies, and heat a large dry skillet over medium heat. Toast the chilies until they are fragrant and become darker in color. Do this in batches if your skillet is too small to arrange chilies in a single layer. Remove from heat and set aside.
- 2. Sesame seeds:** Heat a small, dry skillet over medium heat and add the sesame seeds to toast. Stir frequently until they begin to pop and turn golden. Place in a heatproof bowl and set aside.
- 3. Raisins:** Heat your large skillet again over medium heat and add raisins, stirring frequently until they are plump and caramelized on the outside. Set aside.
- 4. Nuts and spices:** Add almonds, walnuts, nutmeg, allspice, cloves, cinnamon stick and a fresh piece of ginger (optional) to your warm skillet. Cook, stirring frequently, until the nuts are darker in color and the spices are fragrant. Set aside in a small bowl. (Note: If using ground ginger, add later.)
- 5. Herbs:** Place oregano, thyme, avocado leaves and bay leaves in a warm skillet for 10-15 seconds until they start to release their aromas, then set aside.

OAXACA-STYLE MOLE NEGRO WITH CHICKEN (CONT'D)

INGREDIENTS

1/2 to 1-inch piece fresh ginger (substitute 1/2 teaspoon ground ginger)

2 teaspoons dried thyme

1 tablespoon dried oregano

2 avocado leaves

2 bay leaves

1/2 onion, unpeeled

2 whole heads garlic, unpeeled

1/2 pound tomatoes (about 2 medium)

1/4 pound tomatillos (about 2 medium)

4 cups chicken stock

3 tablespoons lard or oil

1 bolillo cut in half and toasted

1/3 cup granulated sugar

3/4 cup chopped Mexican chocolate (or 6 ounces)

Kosher salt to taste (about 1 tablespoon)

DIRECTIONS

6. **Onions, garlic and chilies:** Heat your oven broiler to high. Place onion, garlic and chilies on a large, shallow baking sheet. Place under the broiler, turning every few minutes. Keep checking and turning until they blacken on all sides, removing the ingredients as they are ready (about 20-25 minutes). Remove to cool, then peel from their skins. (Please ensure adequate ventilation.)
7. **Tomatoes and tomatillos:** Repeat this process with the tomatoes and tomatillos under the broiler, cooking and turning frequently until the outsides are charred and blackened. Set aside.
8. **Blacken and burn the chilies:** Toast the chilies in a large skillet or frying pan over high heat, turning frequently until completely blackened and dry, about 15 minutes. (Consider opening windows or wearing a mask during this smoky process.) Take the blackened chilies outside to a heatproof surface, like a patio or out-door grill, away from flammable items. With hot water nearby, use a kitchen torch to ignite the chilies and let them burn 1-2 minutes until fully carbonized. Be prepared for large flames and smoke. Pour hot water over the chilies to extinguish. Let them soak for 5 minutes to soften, then drain. (Note: The ash flavor is what you are adding with this step. You can skip this process, but it will mean a less authentic mole.)
9. **Begin blending ingredients:** In a blender, combine 1 1/2 cups of the chicken broth with the sesame seeds, raisins, nuts and spices, oregano, thyme, onion, garlic, tomatoes, tomatillos and burnt chilies. Blend on high until very smooth. If you have a smaller blender, you can do this in batches.

OAXACA-STYLE MOLE NEGRO WITH CHICKEN (CONT'D)

INGREDIENTS

CHICKEN:

6 - 8 bone-in chicken thighs
with the skin

12 cloves garlic (peeled)

1/4 cup water

Kosher salt to taste
(1 - 2 teaspoons)

DIRECTIONS

- 10. Begin cooking the mole:** In a large dutch oven or heavy-bottomed pot, heat oil (or lard) over medium-high heat until very hot. Add the chili puree and fry in oil, stirring frequently, until the mixture darkens in color and becomes very thick.
 - a.** Add 2 cups chicken broth, chocolate, avocado leaves, bay leaves, sugar and 1 tablespoon of salt. Continue cooking, stirring frequently, until chocolate dissolves.
 - b.** While the mole is cooking, place toasted bolillo halves in your blender (you don't need to clean it first) along with 1/2 cup of chicken broth and blend until smooth.
 - c.** Pour the bolillo bread mixture into the mole sauce and bring to a boil. Reduce heat to medium-low and simmer, stirring occasionally for about 15-20 minutes.
 - d.** After simmering, the mole should easily drizzle off a spoon. If it is too thick or clumpy, thin with spoonfuls of chicken broth. Add salt to taste.
 - e.** Cover and simmer over very low heat, stirring occasionally, while you cook the chicken.
- 11.** Make a garlic paste by crushing salted garlic cloves using a mortar and pestle, or blend with a bit of water in a food processor. Mix in about 1/4 cup of water and pour into a large skillet.
- 12.** Add the chicken thighs skin-side down to the skillet. Simmer over medium heat until the liquid reduces and the chicken begins to fry in its own fat. Lower the heat and continue cooking for about 45 minutes, turning every 10 minutes, until golden and fully cooked.
- 13. Serve.** Once the chicken is ready, remove bay leaves and avocado leaves from the mole. Taste and add more salt as needed.



The Hunger Project has been active in Peru since 1997, and we work in partnership with Chirapaq (Center for Indigenous Peoples' Cultures of Peru), an organization founded by Andean and Amazonian people in 1986. Chirapaq was founded under the principle of reclaiming indigenous identity through the valorization and sharing of cultural expressions from their communities. Since 2013, The Hunger Project and Chirapaq have partnered with three women's groups to prevent and reduce childhood malnutrition leveraging traditional Indigenous knowledge of the region's biodiversity.



CEVICHE

[Recipe on the following page >>](#)

PERU

CEVICHE



PREP TIME:
20 MINS



COOK TIME:
4 HRS



READY IN:
4 HRS 20 MINS



SERVES:
8 PEOPLE

INGREDIENTS

1 pound halibut, cut into bite-sized pieces*

1/2 cup fresh lime juice

1 large tomato, seeded and diced

1 bunch fresh cilantro, chopped

1/3 cup chopped green onion

1 jalapeño pepper, chopped, or to taste

4 cloves garlic, minced

Salt and ground black pepper, to taste

1/3 cup diced green bell pepper (optional)

**Any firm white fish can be used in place of halibut.*

DIRECTIONS

1. Place fish in a wide, flat dish and cover with lime juice. Chill fish in the refrigerator until tender and opaque (at least 3 hours). Drain lime juice.
2. Mix tomato, cilantro, green bell pepper, green onion, jalapeño pepper, garlic, salt and pepper in a bowl; add fish and stir. Chill in the refrigerator until flavors blend, about 1 hour.

EMBRACE OUR INTERCONNECTEDNESS

JOIN THE HUNGER PROJECT

People living in conditions of hunger deeply understand their challenges. Instead of handing down solutions, The Hunger Project inspires individuals to design their own solutions for sustainable change—to become empowered leaders with the vision and resources to move themselves, their families and communities out of hunger.

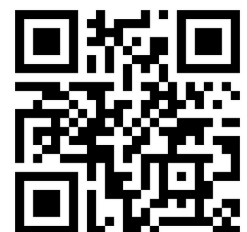
No one person or organization can end hunger alone. By embracing our interconnectedness as human beings and investing in the potential and creativity of people living in conditions of hunger, change is possible—*we've seen it!*

Join a global movement of individuals and organizations, working in authentic partnership to create a world without hunger.



**MAKE CHANGE HAPPEN.
INVEST IN PEOPLE.**

[THP.ORG/GIVENOW](https://thp.org/givenow)



CITATIONS

RECIPES:

Le Babenda - Vegetarian version:

[Adapted from the Vegan Physicist recipe](#)

Doro Wat:

[Adapted from the Daring Gourmet recipe](#)

Injera Bread:

[Adapted from the Science of Cooking recipe](#)

Mishti Doi:

[Adapted from Dassana's Veg Recipes](#)

Chana Dal:

[Adapted from Swasthi's Recipes](#)

Oaxaca-Style Mole Negro Over Chicken:

[Adapted from Lola's Cocina recipe](#)

Ceviche:

[Adapted from All Recipes](#)

PHOTOS:

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