



A Grace for Times of Abundance and Need

DEAR LORD,
PROVIDER OF ALL THINGS,

Thank you for the food we are about to
enjoy and the resources behind
every mouthful – for the blessing
of seasons and fertile lands.

Keep us ever mindful of those who are
hungry, whose path to nourishment is fraught
with frustration and disappointment.

Pour out your grace and provide what they
need: rain at the right time, life-giving soil,
knowledge to farm and hands able to work.

In our times of abundance, may we be
hungry to help others so that families
are fed, communities are transformed,
and all may enjoy fullness of life.

AMEN



Food Is Essential for Life, but Not All of Us Have Enough to Eat.

As we help people like Judy feed her family, we invite you to
take a seat at her table with this recipe from her homeland.



Githeri

A TRADITIONAL KENYAN DISH OF CORN AND BEANS

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup of vegetable stock or water
- 1 medium chopped white onion
- 3 chopped stalks of spring onion
- 2 large tomatoes or ½ can of chopped tomatoes
- 1 can of drained and rinsed red kidney beans or mung beans
- 1 cup frozen sweet corn or drained and rinsed canned corn
- 2 cloves chopped garlic
- ½ teaspoon curry powder
- 1 teaspoon smoked paprika
- ¼ teaspoon ground chilli or chilli flakes
- A few sprigs of chopped coriander
- Salt to taste

INSTRUCTIONS

- ▶ In a large pan, add olive oil over medium heat. Once heated, cook the onions in the oil for a few minutes until soft and translucent. Add in garlic and stir for 30 seconds.
- ▶ Add smoked paprika, chilli and curry powder. Cook on low heat while stirring for a further one minute to prevent burning.
- ▶ Add chopped tomatoes to the pan; cook for three minutes or until the tomatoes are soft.
- ▶ Stir in beans, corn kernels and salt until well incorporated.
- ▶ Add stock and cover the Githeri mixture. Reduce heat to low-medium.
- ▶ Simmer for about 8 -12 minutes, stirring occasionally.
- ▶ Add the spring onions and leave for another minute.
- ▶ Remove from heat and garnish generously with fresh coriander.
- ▶ Serve with rice, chapati or other flatbread.

Enjoy!

