

FEED MY STARVING CHILDREN®

# MannaPack™ COOKBOOK



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*NOTE: Due to the diverse countries that Feed My Starving Children and its partners serve in Africa, we have decided not to separate the recipes by country. It is our hope that the ingredients will be culturally appropriate, readily accessible and affordable in most African countries.*

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## FOREWORD FROM NUTRITIONIST



• Cade Fields-Gardner •  
MS, RDN, LDN, CD

MannaPack™ products can provide a solid base for a well-rounded and nutritious diet for beneficiaries both young and old. The products were designed for nutritional value and acceptability. The products contain a specifically-designed balance of calories with high-quality protein and important vitamins and minerals. Each ingredient is important to the balance and nutritional value of the meal. All of the ingredients in the packages should be used to provide balanced and nutritious meals.

This cookbook provides some examples of how the MannaPack™ products can be used as a part of a balanced diet prepared in a variety of ways. Each product is vegan and halal certified, which allows cooks the opportunity to be creative to match nearly any cultural or food preferences.

The **MannaPack™ Rice** product can be enhanced for both variety and nutritional value through its use in recipes that are tailored to the cultural preferences and regional resources.

Adding vegetables and protein foods gives these meals and the children or adults who consume them an even bigger nutritional boost.

**MannaPack™ Potato-W** was built to be a solid weaning and complementary food to fill the gap beyond exclusive breastfeeding and a baby's consumption of family foods. While it contains the nutrients in the balance and amounts recommended by the World Health Organization for children 7-12 months old, it can be used as a base for recipes that include other sources of calories, such as vegetables, fruits, protein foods and fats.

# MANNAPACK™ RICE RECIPES



# MANNAPACK™ RICE

## INSTRUCTIONS



Add contents of package  
to 1.5L of boiling water.



Stir.



Cover and cook over low  
heat for 20 minutes.  
Makes six 240 ml servings.



# BARBECUE RED BEANS

MANNAPACK™ RICE



## INGREDIENTS

- 500 mL red beans (dry)
- 500 g beef, chopped
- Cooking oil to coat pot
- 1 small onion, chopped
- 2 pieces celery, chopped small
- 250 mL mild peppers, chopped
- 2 tomatoes, chopped
- 1 handful barbecue spice
- 2 L water
- Salt to taste
- 1 MannaPack Rice
- 500 mL yogurt

## INSTRUCTIONS

For the barbecue beans, coat a medium stock pot with oil. Heat to medium heat, add meat and brown. Once meat is browned, add vegetables and barbecue spice and cook until vegetables are tender. Add beans and water to the pot and bring to a boil. Then simmer for approximately 1.5 hours. Season to taste. Cook MannaPack Rice as instructed on package. To serve, place MannaPack Rice in a dish and dig a hole in the center. Fill the hole with a portion of barbecue beans and finish with a dollop of yogurt.

# CHILI GINGER

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice (cooked to bag specifications)
- Cooking oil to coat pan
- 4 medium cloves garlic, chopped fine
- 2 mild chili peppers (seeds removed), chopped fine
- 2 ½ cm fresh ginger root, grated or chopped fine
- 2 caps full soy sauce
- 4 green (spring) onions, sliced thin
- 4 medium fresh eggs
- Salt (large grain) to taste

## INSTRUCTIONS

Heat oil in a pan (preferably wok). Once oil is hot, add chili, ginger and garlic to the pan. Fry until evenly toasted. When toasted, stir in cooked MannaPack Rice, frying until heated through. When heated through, add half of green onions, soy sauce and season with salt to taste. In a separate pan, add oil and fry eggs to desired doneness. To serve, divide rice and top with fried egg, sprinkle with remaining green onion. Dish may be seasoned with soy sauce to finish. Finished product may be eaten alone or served with traditional black pepper sauce.

# COCO

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 1 large yellow or white onion
- 3 cloves garlic, crushed
- 1 L powdered milk (preferably coconut)
- 3 medium dried herring
- 4 large ripe red tomatoes, crushed
- Small pinch cayenne pepper
- 2 pinches salt (large grain, use ½ if smaller grain)

## INSTRUCTIONS

Heat oil in a pan over medium heat. When oil is hot, add crushed garlic and onion, stirring until lightly brown. When brown, add crushed tomatoes and cook for 10 minutes, stirring occasionally. Add coconut milk and dried herring, stir until combined. Once combined, add entire MannaPack Rice, cover and reduce heat to a low simmer, letting cook for 10 minutes or until rice is tender. Finished product may be eaten alone or served with traditional black pepper sauce.

# MEATBALLS

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice (cooked to bag specifications)
- Cooking oil to coat pan
- 4 tomatoes, crushed
- 10 leaves basil, chopped
- 5 cloves garlic, crushed
- 2 eggs
- 1 hard boiled egg
- Salt to taste

## INSTRUCTIONS

Combine cooked MannaPack Rice, half of basil and two raw eggs. Mix until evenly incorporated. Form one MannaPack Rice ball around each hard boiled egg. In a pan, heat oil and brown rice balls on all sides. When browned, set aside. In a separate pan, heat oil over medium heat. When hot, add garlic and lightly toast. When toasted, add crushed tomatoes and cook for 30 minutes. When sauce is cooked, add fresh basil. Peppers may be added if a spicy sauce is desired. When sauce is finished, add rice balls and gently baste with sauce until hot in the center. Serve hot.

# GRATIN

MANNAPACK™ RICE



## INGREDIENTS

- 4 cups MannaPack Rice (cooked to bag specifications)
- 4 medium fresh eggs, beaten
- Cooking oil to coat pan
- 1 yellow or white onion, chopped small
- ¼ L fresh milk
- 4 large pinches corn starch (or other thickening agent)
- 1 pinch nutmeg, grated or ground
- Butter or other non-stick as desired
- 2 pinches salt (large grain, use ½ if smaller grain)

## INSTRUCTIONS

Slowly heat oil over medium heat. When oil is hot, add onion and sweat until translucent. When onion is cooked, add milk, nutmeg and corn starch over low heat until simmering. Once simmering, remove from heat and let sit for 10 minutes, stirring. After 10 minutes, add beaten eggs, slowly stirring until thick. Cover bottom of a pan with cooked MannaPack Rice and pour liquid over it, letting it soak in. Dish needs to be finished in a microwave for 10 minutes or oven for 25 minutes.

# LENTIL PILAF

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pot
- 500 mL lentils (dry)
- 1 handful curry powder
- 4 cloves garlic, chopped fine
- 1 onion, chopped small
- 2 carrots, chopped small
- 4 pieces celery, chopped small
- 2.5 L broth or water
- Salt to taste
- 500 mL yogurt

## INSTRUCTIONS

Heat a stock pot over medium high heat. Coat bottom of the pot with oil and add lentils. Cook, stirring frequently for two minutes. Add vegetables and curry powder and cook until vegetables are tender. Once tender, add broth or water and bring to a boil. Reduce to a simmer and cook for 10 minutes. Stir in MannaPack Rice and add salt to taste. Reduce heat and cover the pot with a plate. Cook for an additional 15-20 minutes or until MannaPack Rice has absorbed broth or water. To serve, dish pilaf and finish with a dollop of yogurt.

# PORRIDGE

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- 1.5 L Water
- 2 large pinches cinnamon
- 500 mL fruit, chopped
- 125 mL honey
- 750 mL milk
- Salt to taste

## INSTRUCTIONS

Cook MannaPack Rice as instructed on package, only using 1.5 L of water. As MannaPack Rice is cooking, add ingredients, balancing sweetness according to sugar content of fruit. Cook until liquid is absorbed and consistency is thick and falls nicely off stirring spoon. Serve warm.

# RISOTTO

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 1 large onion
- 4 cloves garlic, crushed
- 2 carrots, chopped fine
- 4 pieces celery, chopped fine
- 1 L broth or water
- Egg (1 per person)
- Salt to taste

## INSTRUCTIONS

Heat oil in a pan over medium heat. When oil is hot, add MannaPack Rice and toast. Once toasted, add onion, garlic, carrot and celery, sautéing on low heat until carrots are tender. When tender, begin to add broth or water slowly in four parts, stirring continually. Each time broth or water is added, let cook absorbed before adding more. When all broth or water has been added, remove from heat and let sit. In a small pan, fry one egg per person to be served on top of risotto. Cheese may be added on top as addition. Finished product may be eaten alone or served with traditional black pepper sauce.

# SOUP

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 4 large pinches (1 handful) curry spice, toasted
- 4 cloves garlic, crushed
- 4 plantains, ¼ cm thick slices
- 2 large carrots, chopped
- 4 pieces celery, chopped large
- 5 tomatoes, crushed
- 4 L broth or water
- Salt to taste

## INSTRUCTIONS

Heat oil in a pan over medium heat. When oil is hot, add MannaPack rice and onions. Stir until onions are translucent. Once onions are cooked, add garlic, celery, curry and carrots. Cook on medium heat for five minutes. When light brown, add tomatoes and continue to stir for 10 minutes. After 10 minutes, add broth or water and bring to a boil. Once soup has begun to boil, add plantains and cook until tender. Soup may be eaten immediately or chilled and eaten later. Finished product may be eaten alone or served with traditional black pepper sauce.

# VEGETABLE SALAD

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- 250 mL mild peppers, chopped
- 2 carrots, shredded
- 2 cucumbers, chopped
- 4 tomatoes, chopped
- 2 bunches herbs, chopped
- Salt to taste
- 375 mL yogurt
- 2 large pinches curry powder
- 125 mL water

## INSTRUCTIONS

Cook MannaPack Rice as instructed on package. Place yogurt, water and curry powder into a large bowl and mix until smooth and thin. Add MannaPack Rice, vegetables and herbs and gently toss until well incorporated. Serve dish cold or at room temperature.



# MEATLESS CHILI

MANNAPACK™ RICE



## INGREDIENTS

- 500 mL red beans (dry)
- 10 tomatoes, crushed
- Cooking oil to coat pot
- 5 cloves garlic, minced
- 2 onions, chopped small
- 2 celery pieces, chopped small
- 250 mL mild peppers, chopped
- 2 tomatoes, chopped
- 4 pinches cumin
- 2 pinches chili powder
- 2 L water
- Salt to taste
- 1 MannaPack Rice

## INSTRUCTIONS

Add beans and water to a pot and bring to a boil. Then simmer for approximately 1.5 hours. When beans are tender, season with salt to taste and set aside. Cook garlic, onion, celery, tomatoes, peppers, cumin and chili powder in oil for approximately 30 minutes. When vegetables are tender, add MannaPack Rice and cook as instructed on package. When MannaPack Rice is cooked, add beans and cook until combined.

# MEATLESS MEATLOAF

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pot
- 1 handful barbecue spice
- 4 cloves garlic, chopped fine
- 1 onion, chopped small
- 2 carrots, shredded
- 4 celery pieces, chopped small
- ¾ L broth or water
- 5 tomatoes, crushed
- Salt to taste

## INSTRUCTIONS

Cook MannaPack Rice as instructed on package, only adding ¾ L of broth or water. After MannaPack Rice has absorbed broth or water and cooked through, remove from heat and set aside. In a pot, add oil. When oil is hot, add carrot, celery and onion and sauté until tender. When tender, add to MannaPack Rice mixture and mix thoroughly. In another pot, add tomatoes and barbecue spice and cook for 10-15 minutes. Remove from heat and let sit. Form MannaPack Rice and vegetable mixture into the shape of a log. When formed, rub the log with tomato and barbecue spice sauce. Meatloaf may be sliced and pan fried in oil or baked whole in an oven.

# VEGETABLE FRIED RICE

MANNAPACK™ RICE



## INGREDIENTS

- 1 MannaPack Rice
- Cooking oil to coat pan
- 2 pinches curry spice
- 4 garlic cloves, chopped fine
- 1 onion, chopped small
- 2 medium squash, diced small
- 2 carrots, shredded
- 4 pieces cilantro, chopped small
- ¾ L broth or water
- 1 fresh coconut, shaved
- Salt to taste

## INSTRUCTIONS

Cook garlic, onion, squash, carrot, curry spice and coconut in oil until tender. When tender, add MannaPack Rice and cook as instructed on package. When cooked, remove MannaPack Rice and set aside. Add additional oil and heat until lightly smoking. When smoking, add MannaPack Rice and toss vigorously. If desired, four scrambled eggs may be added at this time and stirred until cooked.



# MANNAPACK™ POTATO-W

## INSTRUCTIONS



Combine contents of package with 1250 mL of boiled or potable water.



Stir.



Allow to cool, as needed.  
Makes twelve 120 mL servings.  
Add more or less water  
to vary consistency.

# MANNAPACK™ POTATO-D

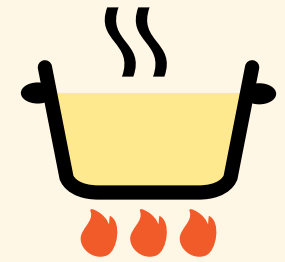
## INSTRUCTIONS



Add contents of package to 1 L of boiled or potable water.



Stir.



Allow to cool, as needed.  
Makes twelve 120 mL servings.

## CONCLUDING THOUGHTS FROM CHEF



There are times in life when you have to make a choice: the choice either to accept what you have and be comfortable and content in your place, or to break out on an adventure, take a risk and accept a challenge. By choosing the latter, you give life your all and know that you could make a difference in the life of a person who goes on to change the world. Nowhere have I been tested on my fundamentals and principles as they pertain to my life's philosophy as much as in Tijuana, Mexico, where I stumbled upon a group of people truly dedicated to the betterment of the less fortunate. This group supports over 60 orphanages throughout Tijuana alone by facilitating the procurement of goods such as medical supplies, produce and most importantly, MannaPack™ products. In our work with MannaPack™ products, we discovered that they were underutilized, and if I could offer my experience from living in developing countries, coupled with a lifetime career in culinary arts, we could make a difference and create positive change.

They say in life we know not when or why opportunity comes, but we can be sure that it will. I reached out to Feed My Starving Children and pitched a plan, one that would give people options to take the nutrition that MannaPack™ products provide and transform it into different meals using locally sourced, nutrient dense and affordable ingredients. Our belief as chefs is that access to healthy food is, at its very basic fundamentals, the most important human right. Food has become seemingly more so a privilege, and our aim is to help even the playing field as best we can by collaborating with Feed My Starving Children and its partners to eliminate hunger. While hungry is a word many of us often use, starving is one most of us will never know. We are blessed to have the opportunity to work with such an amazing team of driven givers who answered the door and said yes. With them, we will depart from the routine, normal and comfortable to take a leap of faith into the unknown and give of ourselves to those most in need.

– *Chef Matthew Beaudin*

## CHEF BIOGRAPHY



### • Chef Matthew Beaudin •

After earning his associate degree in culinary arts from the Culinary Institute of America, Matthew Beaudin fiercely pursued his passion for cooking by working around the globe, holding chef positions in the Caribbean, China, the West Indies and Rwanda as well as each geographical food region within the United States. He began his commitment to sustainability and culinary education during his work in the village of Musanze, Rwanda, and maintains strong ties with the community through his School for the Arts (The Volcano Arts Studio). Matthew has run kitchens at jungle base camps, on private islands and at restaurants perched 10,000 feet up the side of a volcano.

Influenced by his travels, Matthew has honed his techniques and expertise back home in the United States at such prestigious five-star, five-diamond properties as the Omni Mount Washington Resort in

Bretton Woods, New Hampshire; The Broadmoor Hotel in Colorado Springs, Colorado and The Ritz-Carlton in Sarasota, Florida and is currently the Executive Chef of the Monterey Bay Aquarium. His experiences have enabled him to acquire a well-rounded palate, mixing his global travels with modern American cuisine deeply rooted in farm-to-table principles and the ever increasing importance of food with a future.

In addition to the daily demands of his position as the Executive Chef at the Monterey Bay Aquarium, Chef Matthew finds joy and fulfillment in travelling to Mexico where he has the honor and privilege of working with children at local orphanages, such as Casa Eunime, as well as the School for the Deaf. He is also currently working with municipal operations to improve the nutritional opportunities and quality of life for these children.



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