

THE
GLOBAL
KITCHEN



TASTES
FROM
HOME

Welcome to the ultimate cookbook curated by WUSA, designed especially for students longing for a taste of home. Within these pages, you will discover a collection of beloved recipes shared by students, offering easy-to-make, affordable, and healthy meals. Our cookbook provides recipes and a handy guide to local grocery stores and markets where you can find the ingredients.

Get ready to embark on a flavourful journey that brings the comforts of home straight into your kitchen.

WATERLOO UNDERGRADUATE
WUSA
STUDENT ASSOCIATION



Kitchen Conversions

Dry Conversions

Cups	Tablespoons	Teaspoons	Ounces	Milliliters
1 C.	16 Tbsp.	48 tsp.	8 oz.	237 ml
3/4 C.	12 Tbsp.	36 tsp.	6 oz.	177 ml
2/3 C.	10 & 2/3 Tbsp.	32 tsp.	5 oz.	158 ml
1/2 C.	8 Tbsp.	24 tsp.	4 oz.	118 ml
1/3 C.	5 & 1/3 Tbsp.	16 tsp.	3 oz.	79 ml
1/4 C.	4 Tbsp.	12 tsp.	2 oz.	59 ml
1/8 C.	2 Tbsp.	6 tsp.	1 oz.	30 ml
1/16 C.	1 Tbsp.	3 tsp.	1/2 oz.	15 ml

Fluid Conversions

Gallon	Quarts	Pints	Cups	Ounces	Liters
1 gallon	4 quarts	8 pints	16 cups	128 oz.	3.8 liters
1/2 gallon	2 quarts	4 pints	8 cups	64 oz.	1.9 liters
1/4 gallon	1 quart	2 pints	4 cups	32 oz.	.95 liters
	1/2 quart	1 pint	2 cups	16 oz.	480 ml
		1/2 pint	1 cup	8 oz.	240 ml
			1/2 cup	4 oz.	120 ml
			1/4 cup	2 oz.	60 ml
				1 oz.	30 ml

Butter Chicken

Ingredients

- Boneless and skinless chicken cut into bite-sized pieces
- 1 large onion, sliced or chopped
- 1 1/2 tablespoons garlic, minced
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons garam masala
- 1 teaspoon ground coriander (optional)
- 14 oz (400 g) crushed tomatoes
- 1 teaspoon red chili powder (optional)
- Salt to taste
- 1 can of coconut milk



Instructions

1. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned. Set aside and keep warm.
2. Heat butter or oil in the same pan. Fry the onions until they start to caramelize. Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin, and garam masala. Let cook for about 20 seconds until fragrant, stirring occasionally.
3. Add crushed tomatoes, chili powder, and salt. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown-red colour.
4. (Optional) Remove from heat, scoop mixture into a blender, and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender. Pour the puréed sauce back into the pan.
5. Stir the coconut milk. Add the chicken back into the pan until the sauce is thick and bubbling.
6. Garnish with chopped cilantro and serve with fresh rice or naan!

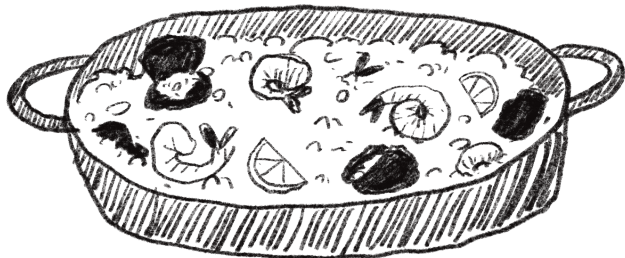
Paella

Ingredients

- 1 tablespoon olive oil
- 1 chopped onion
- 1 teaspoon hot smoked paprika
- 1 teaspoon thyme
- 300g paella or risotto rice
- 400g canned chopped tomatoes with garlic
- 900ml chicken stock
- 400g frozen seafood mix, defrosted
- 1 lemon: 1/2 juiced and 1/2 cut into wedges
- Handful of roughly chopped flat-leaf parsley

Instructions

1. Cook the onion in a pan with olive oil for until it softens (~5 minutes)
2. Add smoked paprika, thyme, and paella/risotto rice. Stir for 1 minute.
3. Stir in the chopped tomatoes and the rest of the chicken stock.
4. Cook uncovered for 15 minutes, stirring now and then until the rice is almost tender and still surrounded with some liquid.
5. Stir in the seafood mix and cover with a lid. Simmer for 5 minutes until the seafood is cooked through and the rice is tender.
6. Squeeze over the lemon juice and season with salt and pepper to taste.
7. Scatter over the parsley and serve with the lemon wedges.



Mie Goreng

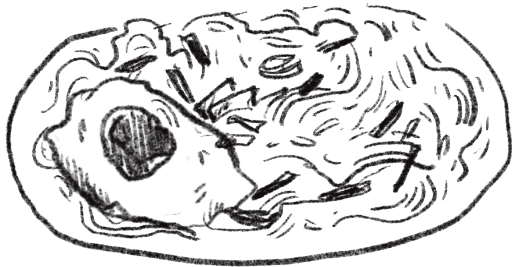
(Indonesian Fried Noodles)

Ingredients

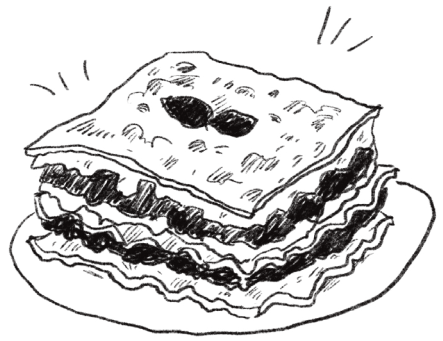
- 150g dried egg noodles or 3 instant noodle packets.
- 2 tablespoon kecap manis (dark sweet soy sauce)
- 2 teaspoon soy sauce
- 1 tablespoon oyster sauce (optional)
- 1 teaspoon sambal, chilli paste, or Sriracha (adjust to taste)
- 2 tablespoon sesame oil
- 2 eggs
- 3 garlic cloves
- 1 tablespoon oil
- 2 cups finely sliced cabbage (or any vegetables you want)
- 3 green onions cut into small pieces

Instructions

1. Mix the sauces in a bowl.
2. Boil the noodles as instructed in the packet.
3. Oil a pan over high heat and add the garlic and cabbage. Toss until the garlic is flavourful and cabbage is cooked (~2 minutes).
4. Add cooked noodles, green onions, and sauce. Toss for 1-2 minutes until the sauce reduces and noodles slightly caramelise.
5. Cook eggs according to your preference (sunny side up, scrambled, omelette, etc.) and add to noodles when serving.



Lasagna



Ingredients

- 12 lasagna noodles, cooked al dente
- 4 cups shredded mozzarella cheese
- 1/2 cup grated parmesan cheese
- 1/2 pound lean ground beef
- 1/2 pound Italian sausage
- 1 diced onion
- 2 minced cloves of garlic
- 36 ounces pasta sauce
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- 2 cups ricotta cheese
- 1/4 cup chopped fresh parsley
- 1 beaten egg
- Salt and pepper

Instructions

1. Preheat oven to 350°F.
2. In a pan, brown beef, sausage, onion, and garlic over medium-high heat until no pink remains. Drain any fat.
3. Stir in the pasta sauce, tomato paste, Italian seasoning, and salt and pepper to taste. Simmer uncovered over medium heat until thickened (~5 minutes).
4. In a separate bowl, combine 1 1/2 cups mozzarella, 1/4 cups parmesan cheese, ricotta, parsley, egg, and 1/4 teaspoon salt.
5. Spread 1 cup of the meat sauce in a 9x13 pan/casserole dish. Top it with 3 lasagna noodles. Layer with 1/3 of the ricotta cheese mixture and 1 cup of meat sauce.
6. Repeat twice more.
7. Finish with 3 noodles topped with remaining sauce.
8. Cover with foil and bake for 45 minutes.
9. Remove foil and sprinkle with remaining mozzarella and parmesan cheese.
10. Bake for an additional 15 minutes or until cheese are browned and bubbly. Broil for 2-3 minutes if desired.
11. Rest for at least 15 minutes before cutting.

Ramen

Ingredients

- Instant noodles
- Butter
- 1/2 an onion
- 1 red or orange bell pepper (red and orange peppers are sweeter than green!)
- Frozen vegetables like beans, peas etc. (Optional)
- Protein of your choice – boiled egg, chicken or pork



Instructions

1. Prepare the instant noodles with the instructions on the packet
 - A. Tip: If you'd like your noodles to be extra flavourful, don't add the spice pack in while the noodles are boiling. Instead add it in separately at the end, combined with some water.
2. Mince onion and cut pepper into thin strips. Fry in a pan over medium-high heat and add salt, pepper, and spices of your choice.
3. Adding frozen vegetables to the stir fry is a good way to get different flavours and textures in your dish! (optional)
4. Prepare a protein of your choice:
 - A. If using chicken or pork, fry it until cooked and add to the vegetables for a good stir fry.
 - B. For eggs, boil or fry, based on your preference
5. Serve in 2 ways:
 - A. Dry noodles: Plate noodles with fried veggies and protein on top, drizzle spice pack combined with water
 - B. Broth and noodles: Pour your noodles and the broth (water + spice pack) into a bowl. Stir in fried veggies and protein.

Macaroni and Cheese

Ingredients

- 8 ounces (about 2 cups) elbow macaroni
- 4 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 2 cups whole milk
- 2 cups shredded sharp cheddar cheese
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon paprika (optional)
- 1/4 teaspoon dry mustard (optional)
- 1/4 cup breadcrumbs (optional, for topping)



Instructions

1. Preheat your oven to 350°F (175°C). Grease a 9x13-inch baking dish or a similarly sized oven-safe dish.
2. Bring a large pot of salted water to a boil. Add the elbow macaroni and cook according to the package instructions until al dente. Drain the macaroni and set aside.
3. In a medium saucepan, melt the butter over low heat. Once melted, whisk in the flour. Keep stirring for about 1-2 minutes until it becomes smooth.
4. Gradually pour in the milk while whisking continuously to prevent lumps from forming. Bring the mixture to a simmer, stirring frequently, until it thickens enough to coat the back of a spoon, about 5-7 minutes.
5. Remove the saucepan from heat and stir in the shredded cheddar cheese, salt, pepper, and paprika or dry mustard (if using). Stir until the cheese is completely melted and the sauce is smooth and creamy.
6. Add the cooked macaroni to the cheese sauce, stirring until the macaroni is evenly coated with the sauce.

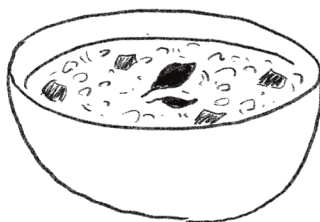
7. If desired, transfer the macaroni and cheese mixture to the prepared baking dish. Sprinkle breadcrumbs evenly over the top for a crunchy topping.
8. Place the baking dish in the preheated oven and bake for 20-25 minutes, or until the macaroni and cheese is bubbly and the breadcrumbs are golden brown. Note: you can skip this step and serve it up after mixing the noodles and cheese sauce.
9. Serve with steamed vegetables.

Fakes

(Greek Lentil Soup)

Ingredients

- 250g lentils
- 2 tablespoon(s) olive oil
- 1 medium onion
- 2 carrots
- 2 sticks of celery
- 2 cloves of garlic
- 2 bay leaves
- 1 teaspoon cumin
- 1 pinch chili flakes
- 400g canned tomatoes
- 1 vegetable bouillon cube
- 1 1/2 litre water
- 1 teaspoon salt



Instructions

1. Coarsely chop the onion and add them to a pot with olive oil over medium heat.
2. Chop the carrots into small slices and add them to the pot, sauté until they soften (3-5 minutes)
3. Thinly slice the garlic and add to the pot along with the bay leaves, chili flakes, and cumin.
4. Rinse lentils and drain. Then add to the pot along with the chopped tomatoes and vegetable stock, stir.
5. Cover the pot and simmer for 45 minutes over medium to low heat.
6. When ready, add the salt (the salt is not added at the beginning so that the lentils don't harden).

Yorkshire Pudding

Ingredients

- 2/3 cup all-purpose flour
- 2/3 cup whole milk
- 2 large eggs
- 1/2 teaspoon salt
- 1/4 cup beef drippings or vegetable oil



Instructions

1. Preheat your oven to 425°F (220°C). Once preheated, place a 12-cup muffin tin or a Yorkshire pudding tin in the oven to heat up (5-10 minutes).
2. In a mixing bowl, sift the flour and salt together. Make a well in the center and add the eggs. Gradually pour in the milk while whisking continuously until you have a smooth batter with no lumps.
3. Allow the batter to rest for at least 30 minutes at room temperature. This resting period allows the flour to fully hydrate and helps to achieve a lighter, puffier Yorkshire pudding.
4. Carefully remove the hot muffin tin or Yorkshire pudding tin from the oven. Add a small amount (about 1 teaspoon) of beef drippings or vegetable oil into each cup of the tin.
5. Quickly pour the batter into the hot drippings or oil, filling each cup about halfway full.
6. Place the tin back into the preheated oven and bake for 20-25 minutes, or until the Yorkshire puddings are well risen, golden brown, and crispy around the edges.
7. Serve immediately while they are hot and puffy.

Yorkshire puddings are traditionally served as a side dish with roast beef and gravy, but they are incredibly versatile. You can serve them with any dish, use them to soak up sauces, or fill them with sweet or savory fillings.

Yorkshire puddings can be filled with various fillings such as beef, chicken, vegetable stew, fruit compote, whipped cream, or and custard.

They also make great additions to breakfast plates, filled with bacon, eggs, and sausage.

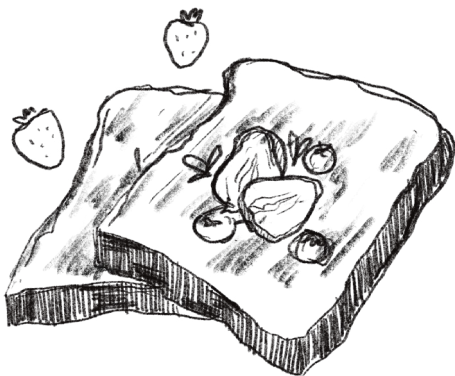
French Toast

Ingredients

- 6 thick slices of white bread
- 2/3 cup milk
- 2 large eggs
- 1 tablespoon unsalted butter
- 1/4 teaspoon ground cinnamon
- Salt to taste
- 1 teaspoon vanilla extract (optional)

Instructions

1. Whisk milk, eggs, vanilla (optional), cinnamon, and salt together in a shallow bowl.
2. Lightly butter a pan and heat over medium-high heat.
3. Dunk bread in the mixture, soaking both sides.
4. Transfer bread to hot skillet and cook until golden (3-4 minutes per side)
5. Optional: Serve with maple syrup and fruits.



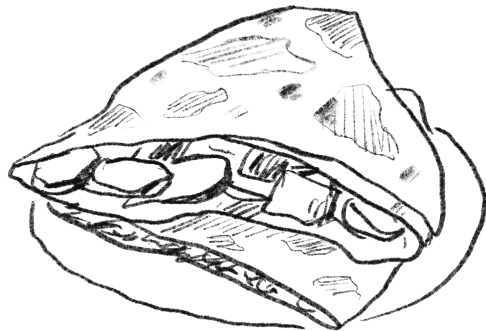
Quesadillas

Ingredients

- 1 flour tortilla (about 8" diameter)
- 1/2 cup grated cheddar cheese
- 1 tablespoon chopped red bell pepper
- 1/4 cup cooked black beans, rinsed and drained
- 1 tablespoon chopped red or green onion

Instructions

1. Warm tortilla on a pan over medium heat for about 30 seconds, flipping halfway.
2. Flip once more and sprinkle one half of the tortilla with half the cheese.
3. Cover the cheese with the remaining fillings: red bell peppers, black beans, and red or green onions.
4. Sprinkle the remaining cheese over the fillings and fold over the empty side of the tortilla to enclose the fillings.
5. Let the quesadilla cook until golden and crispy on the bottom (1-2 minutes per side)
6. Remove from the pan and slide it into 3 pieces.
7. Optional: serve with salsa or guacamole.



Biryani

Ingredients

- 1 lb. Chicken
 - Option to substitute chicken with beef, lamb, or a mix of vegetables such as cauliflower, green peas and potatoes
- 1.5 cups Chicken broth
 - Option to substitute vegetable broth for a vegetarian option
- 1 large onion
- 1 large tomato
- 1 cup Basmati rice
- 2-3 cloves Garlic
- 1 tsp Cumin
- 1 tsp Turmeric
- 1-2 tsp Garam masala (Optional)
- Bell peppers, green beans, carrots to enhance flavour and add more nutrients (Optional)
- Salt to taste

Instructions

1. Heat the oil over medium-high heat in a large nonstick skillet or frying pan. Once the oil is shimmering, add your protein of choice and cook undisturbed until golden brown.
2. Add the onion, garlic, garam masala, cumin, turmeric, and salt. Sauté for 3 minutes or until the onions have softened.
3. Add minced tomatoes to the pan. Stir well, then add the rice and broth.
4. Allow the liquid to come to a boil, then cover the pan with a lid and turn the heat down to medium-low. Let the rice steam for 15 minutes. Turn off the heat and fluff the rice with a fork. Re-cover the pan and allow the rice to continue to steam for another 10 minutes.
5. Serve the Biryani straight out of the pan into each bowl. Enjoy!



Mullah Tagalia

(Minced Meat and Dry Okra Stew)

Ingredients

- 5 onions
- 1 cup oil
- 1 bulb garlic
- 500g mince beef (can substitute with chicken, turkey, pork, or tofu)
- 2 tablespoon wayka (okra powder)
- 1/2 cup tomato paste
- 1 teaspoon black pepper

Instructions

1. Chop onions and fry in some of the oil until crispy and dry.
2. Blend onion with a little water.
3. To the remaining oil, add minced meat and fry.
4. Add 2 cups of water and leave to simmer for 30 minutes.
5. Add tomato paste and simmer for 5 minutes.
6. Add blended onions and crush garlic with pepper to stew.
7. Add wayka and stir for 2 minutes.

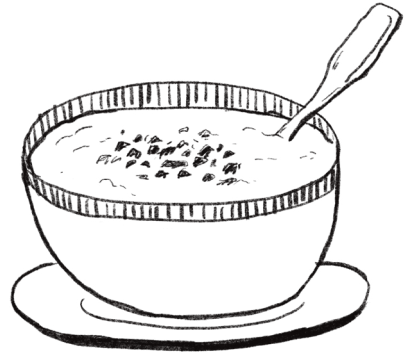


Kheer

(Indian Rice Pudding)

Ingredients

- 1/4 cup (50g) basmati rice
- Butter
- 1L whole milk
- 4-5 tablespoons of sugar
- 3 tablespoons of chopped nuts (optional)



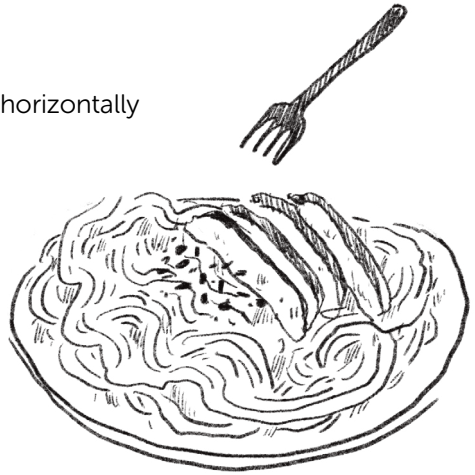
Instructions

1. Rinse the rice until water turns clear. Soak the rice in water for 20 to 30 minutes. Once soaked, drain the rice using a colander and set aside.
2. Heat a heavy bottom pan on medium heat. Add 1 teaspoon of butter to it and then add the soaked & drained rice. Stir until aromatic.
3. Add milk to the pan and stir well. Set heat to medium-high.
4. Let the milk come to a boil, this will take around 10-12 minutes. Stir in between so that the milk doesn't stick to the bottom of the pan.
5. Once the milk has come to a boil, lower the heat to low and cook for around 25 minutes on low heat. Keep stirring occasionally!
6. The milk will reduce considerably after 25 minutes and become thick, and the rice will be completely cooked.
7. Add in the sugar and nuts. Mix thoroughly.
8. Cook the kheer for 5 more minutes after adding the sugar and nuts. The sugar should dissolve completely. Don't worry if your kheer doesn't look very thick at this point. It will continue to thicken as it cools down.
9. Remove pan from heat. Garnish with more nuts and serve kheer warm or chilled.

Chicken Alfredo Pasta

Ingredients

- 200g chicken breast, cut in half horizontally
- Salt and paper
- 1 tablespoon olive oil
- 250g fettuccine
- 2 cups milk
- 1 1/2 cups chicken stock/broth
- 1 large, minced garlic clove
- 1/2 cup heavy cream
- 3/4 cup parmesan cheese
- Parsley for garnish (optional)



Instructions

1. Season both sides of the chicken with salt and pepper.
2. Heat oil on pan over medium high heat and add chicken, cook until golden and cooked through (~2 minutes on each side).
3. Remove chicken onto plate to rest for 5 minutes, then slide into bite-sized pieces.
4. Add milk, chicken broth, and garlic onto pan, bring to a simmer.
5. Add pasta onto the pan, move it around every 30 seconds or so until softened (~3 minutes).
6. Once pasta is softened, reduce heat to medium and cook for 9-10 minutes, stirring occasionally.
7. Add cream and parmesan, mix and let cook for 2 minutes.
8. Add salt and pepper to taste.

Mattar Paneer

Ingredients

- Store-bought paneer
- 1 large onion
- 2-3 large tomatoes
- Frozen green peas
- Turmeric
- 1 teaspoon ground coriander (optional)
- Salt to taste

Instructions

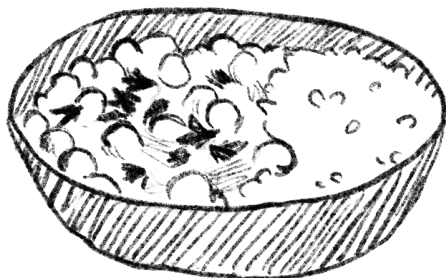
1. Cut up paneer into small-medium size cubes. Set aside.
2. Rinse frozen peas in warm water. Drain and set aside.
3. Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chopped up onion. Fry until caramelized.
4. Add turmeric, and salt and pepper to taste. Cook until fragrant, while stirring occasionally.
5. Add in chopped tomato. Gently press down on them to break them up and make them softer. Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown-red colour.
6. (Optional) Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
7. Pour the puréed sauce back into the pan. Add your blocks of paneer into the pan and bring to a boil. Reduce heat once boiling and add in peas to the curry.
8. Serve with fresh rice or naan!



Moroccan Chickpea and Tomato Stew

Ingredients

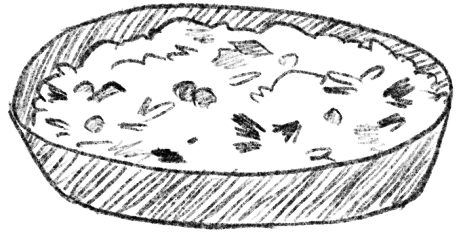
- 1 can (15 oz) chickpeas, drained & rinsed
- 1 can (14 oz) diced tomatoes (or 2 fresh tomatoes, chopped)
- 1 small onion, chopped
- 2 cloves garlic, minced (or ½ teaspoon garlic powder)
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon ground cinnamon (optional, but gives depth)
- ½ teaspoon black pepper
- ½ teaspoon salt
- 1 tablespoon tomato paste (optional, for richness)
- ½ cup water or vegetable broth
- 2 tablespoons olive oil (or any cooking oil)
- ½ teaspoon chili flakes (optional, for spice)
- Handful of chopped parsley or cilantro (optional)



Instructions

1. **Sauté the Base (5 min):** Heat oil in a pan over medium heat. Add chopped onion and garlic. Cook for 2–3 minutes until soft.
2. **Add Spices (1 min):** Stir in cumin, paprika, cinnamon, salt, and pepper. Cook for 30 seconds to release the flavors.
3. **Simmer Everything (10 min):** Add canned tomatoes, chickpeas, tomato paste, and ½ cup water. Stir and let simmer for 10 minutes, stirring occasionally.
4. **Finish & Serve (2 min):** Taste and adjust seasoning. Add chili flakes if you like heat. Sprinkle with fresh herbs (if available). Serve hot with rice, couscous, bread, or even pasta. softened (~3 minutes).

Masala Khichdi



Ingredients

- 1/2 cup rice
- 1/2 cup split yellow moong dal (or red lentils)
- 1 tablespoon oil or ghee
- 1/2 teaspoon cumin seeds
- 1/2 teaspoon mustard seeds
- 1 small onion, finely chopped
- 1 small tomato, chopped
- 1 cup mixed vegetables (like peas, carrots, potatoes – optional)
- 1/4 teaspoon turmeric powder
- 1/2 teaspoon red chili powder (adjust to taste)
- 1 teaspoon garam masala
- Fresh coriander for garnish (optional)
- Yogurt or pickle to serve (optional)

Instructions

1. Wash and soak the rice and lentils together for 10-15 minutes, then drain.
2. Heat oil or ghee in a pressure cooker or a deep pot.
3. Add cumin and mustard seeds. Let them splutter.
4. Sauté onions until golden brown, then add tomatoes and cook until soft.
5. Add diced vegetables (if using) along with turmeric, chili powder, garam masala, and salt. Stir well.
6. Mix in the soaked rice and dal and sauté for a minute to coat with spices. Pour in water and give it a good stir.
7. Cover and cook:
 - a. In a pressure cooker: Cook for 2 whistles on medium heat.
 - b. In a pot: Cover and simmer for 15-20 minutes, stirring occasionally until soft. Once cooked, let it rest for a few minutes before serving.
8. Garnish with fresh coriander if desired. Serve warm with yogurt or pickle for a comforting meal.

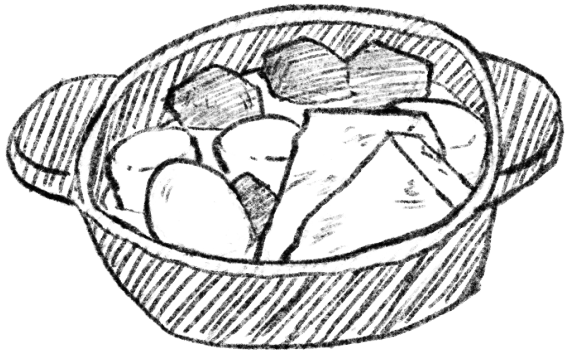
Oden

Ingredients

- 2–4 boiled eggs (leave whole)
- 1–2 potatoes, peeled and halved
- 1/2 daikon radish, sliced into thick rounds
- Firm tofu or fried tofu pouches (aburaage), cut into large chunks
- Other add-ins: fish cakes, konnyaku, mushrooms, chikuwa (optional)
- 4 cups dashi stock (made with kombu and bonito flakes, or use dashi powder)
- 2 tablespoons soy sauce
- 1 tablespoon cooking sake

Instructions

1. Cut the ingredients (e.g., potatoes, daikon, tofu, and fried tofu). You can use any ingredients you like. (Do not cut the boiled eggs.)
2. Prepare the dashi soup by mixing flavored stock made from bonito flakes and kombu. (Alternatively, you can use dashi powder.)
3. Then, add soy sauce, cooking sake, and salt.
4. Add the ingredients to the pot and simmer over low heat until they become soft. (Do not overboil.)



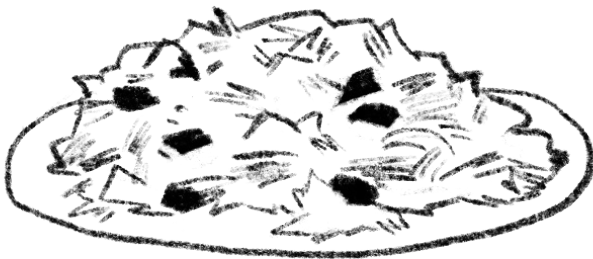
Tuna Salad

Ingredients

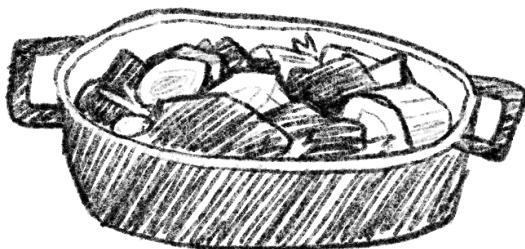
- 1 can of Tuna
- Mayo
- Tomatoes (not anything specific)
- Onions
- Bell peppers (finely chopped, any color)
- Limes or lime juice
- Hot peppers (you can use crushed peppers or habaneros - really play around with what you have. It's up to your liking)

Instructions

1. Slice your veggies to your liking. (My papa usually uses 1/2 but of course size and variation of those veggies exist, but try your best to make it look like a tropical salad.)
2. Season to taste. (My family serves it tangy and spicy. But of course, you can modify it to your liking.)



Carribean Beef Stew



Ingredients

- 1 pack (about 1/2 kg / 1 lb) cubed beef
- 1 tablespoon chopped garlic
- 1 tablespoon dried rib spice mix (or all-purpose seasoning)
- 1 tablespoon dried parsley or basil
- 1/3 cup barbecue sauce or steak sauce
- 1 tablespoon soy sauce
- 1/2 onion, thinly sliced
- 2 potatoes, peeled and cubed
- 2 carrots, peeled and chopped
- 3/4 cup squash, cubed
- 1 tablespoon butter or oil
- 1/4 teaspoon ground cloves
- 1/4 teaspoon dried herbs (thyme or oregano work well)
- 1/3 cup maple syrup or honey

Instructions

1. Season 1 pack of cubed beef (around 0.5 kg) with a tbsp of chopped garlic, tbsp of any rib dried spice, tbsp of parsley or basil, 1/3 cup of barbecue or steak sauce, a tbsp of soya sauce.
2. Stir beef and spices then set aside.
3. Cut 1/2 of an onion (into thin slices), 2 potatoes (into cubes), 2 carrots, 3/4 cup of squash (into cubes).
4. After cutting place sauce pan on medium heat, then a tbsp of butter/oil, the sliced onions, 1/4 tsp of cloves, 1/4tsp of any herb, then stir until butter is fully melted.
5. Place beef into the saucepan with 1 cup of water and stir. Leave until beef looks about half cooked then put potatoes, squash and carrots in and stir.
6. Lastly mix 1/3 cup of maple syrup or honey in then wait for beef, potatoes, etc. to be fully cooked while occasionally stirring.



Local Shopping Options



**A to Z African and
Caribbean Groceries**
127 Water St N,
Kitchener



1 hour



30 mins



Food Insecurity Resources



WUSA
**Food Support
Service**

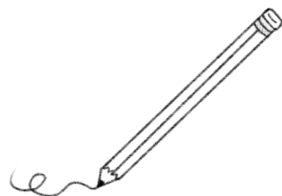
Food Support Service:
wusa.ca/food-support-service



THE
FoodBank
OF WATERLOO REGION

The Food Bank of Waterloo Region:
thefoodbank.ca



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