



Aldraweesh food

Part 1

Alaa Ahmed Altnk



The introduction

Cooking is an art that has no limits in innovation and creativity. We can prepare many dishes from ingredients that are available in each house, and sometimes we may have to prepare simple dishes without using any type of meat.

At first glance, it may seem that the dish is not delicious or somewhat unsatisfying, but in this book, which is the first book in my cooking series, I have written down for you the most delicious recipes that can be prepared without adding meat and with a wonderful taste, and with ingredients in quantities sufficient for one person, in addition to the price of the dish in some countries and the percentage of the individual's monthly income, also its nutritional value, and this is what distinguishes my book from other cookbooks currently widespread.

There are some ingredients that can be replaced with other ingredients if you do not have them and optional additions that can be dispensed with or added to the dish.

By Alaa Ahmed Altnk, Born in 2005, the book was translated and published in 2024

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Simple Potato and Onion Recipe

1. In a frying pan over medium heat, put the oil and onion and stir until wilted.
2. Add the potato cubes, then salt and black pepper and stir well but gently.
3. Leave it for about 5 minutes over low heat, Then serve.



- 1 large potato, boiled and cut into medium cubes (200 grams).
- 1 small onion, finely chopped (50 grams).
- 2 tablespoons olive oil (30 ml).
- Salt/black pepper "to taste"

Optional alternatives and add-ons:

- You can add some spices.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.02	0.80	US	+
%0.01	0.30	Qatar	=
%0.02	0.20	<i>Jordan</i>	-

Nutritional values of the dish	
434	Calories
Quantity	Nutrients
4.2 g	Protein
27.25 g	Fat
45.32 g	Carbohydrates
21 mg	Calcium
0.87 mg	Iron
56 mg	Cholesterol



Pakora (Indian Vegetable Fritters)

1. In a deep bowl, put the onion, potato, carrot, spinach, coriander and garlic and mix them well.
2. In another bowl, put the chickpea flour and water gradually until we get a consistent mixture.
3. Add salt, spices, ginger to the mixture, and mix the ingredients well.
4. Add the vegetables to the mixture and mix them well.
5. In a deep pot, when the oil reaches a high temperature, reduce the heat to medium and take a ladle of the pakora mixture and put it in the oil, fry it until it turns golden and becomes crispy, drain it well from the oil. Then serve.



- 1 1 onion, sliced (50 gram).
- 1 small grated potato (50 grams).
- 1 small grated carrot (50 grams).
- Finely chopped spinach (50 grams).
- ¼ cup finely chopped coriander.
- 1 cup chickpea flour (125 grams).
- 1 cup cold water (125 ml).
- 2 cloves of crushed garlic.
- 1 teaspoon ginger (7 grams).
- Salt / paprika / cumin / black pepper.
- ¼ teaspoon baking soda (2 grams).
- Vegetable oil "for frying."

Optional alternatives and add-ons:

- You can add some spices.
- You can replace chickpea flour with wheat flour.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.06	2.70	US	+
%0.04	1.60	Qatar	=
%0.08	0.90	<i>Jordan</i>	-

Nutritional values of the dish	
362	Calories
Quantity	Nutrients
14 g	Protein
13.8 g	Fat
48.4 g	Carbohydrates
97 mg	Calcium
4.8 mg	Iron
0 mg	Cholesterol



Red Sauce Pasta

1. Boil the pasta until done, and then drain it well.
2. In a frying pan over low heat, add the oil, onion and garlic and stir for a minute.
3. Add the salt, black pepper, tomato paste and chopped tomato, stir and leave for 5 minutes.
4. Add the sauce to the pasta, stir gently and leave for 2 minutes. Then serve.



- 1 cup of pasta "according to the condition" (100 g).
- 1 small onion, chopped (100 g).
- 1 tablespoon of vegetable oil (15 ml).
- 1 finely chopped tomato (100 g).
- 1 tablespoon of tomato paste (15 g).
- 2 pieces of crushed garlic.
- Salt / black pepper "according to the heat".

Optional alternatives and add-ons:

- You can replace vegetable oil with ghee or butter.
- You can add some spices.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.02	1.00	US	+
%0.01	0.40	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
360	Calories
Quantity	Nutrients
10.6 g	Protein
15.7 g	Fat
50 g	Carbohydrates
109 mg	Calcium
4.2 mg	Iron
178 mg	Sodium



Mujadara

1. In a deep pot over high heat, put water, lentils and salt.
2. When it starts to boil, close the pot until the lentils are cooked (about 20 minutes).
3. Add the bulgur to the lentils and stir from time to time (make sure there is about a cup of water so that the bulgur is fully cooked).
4. Add the olive oil.
5. When the bulgur is cooked, turn off the heat and leave the pot closed for several minutes.
6. Pour the mixture onto a serving plate and decorate with fried onions, then serve.



- 1/4 cup lentils soaked for half an hour (50 grams).
- 1/3 cup coarse bulgur (80 grams).
- Water "as needed".
- 1 onion, sliced and fried (100 grams).
- 2 tablespoons olive oil (30 ml).
- Salt "to test".

Optional alternatives and add-ons:

- You can replace the brown lentils with yellow lentils in the same quantity.
- You can replace the bulgur with rice in the same quantity.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.70	US	+
%0.01	0.40	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
625	Calories
Quantity	Nutrients
12.4 g	Protein
43 g	Fat
50.5 g	Carbohydrates
90 mg	Calcium
4 mg	Iron
28 mg	Cholesterol



Edam potato with Red sauce

1. In a pot over medium heat, add olive oil and onions and stir until onion are wilted.
2. Add potato, salt and black pepper and stir.
3. Add tomato cubes and stir for 2 minutes.
4. Add tomato juice and stir.
5. Cover the pot and stir from time to time until potatoes are cooked and sauce is thick (about 25 minutes), Then serve.



- 1 large potato, cut into medium cubes (200 g).
- 1/2 cup tomato juice (125 ml).
- 1 tablespoon olive oil (15 ml).
- 1 small onion, finely chopped (50 g).
- 1 small tomato, finely chopped (100 g).
- Salt/black pepper (to taste).

Optional alternatives and add-ons:

- You can replace olive oil with vegetable oil or butter.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.60	US	+
%0.01	0.50	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
340	Calories
Quantity	Nutrients
6.5 g	Protein
14 g	Fat
50.3 g	Carbohydrates
60 mg	Calcium
2.7 mg	Iron
430 mg	Cholesterol



Royal Molokhia

1. In a deep pot over high heat, put the water
2. And dried Molokhia leaves. When it starts to boil, leave it for about 15 minutes, then drain it well (if it is fresh, just wash it well with water no need to boil it).
3. In another deep pot, put the ghee with half the amount of garlic slices and stir until it turns golden.
4. Put the tomato juice, tomato paste and half the other amount of garlic.
5. When it start to boil, put the m Molokhia leaves and add a cup of water (we may need more depending on the type of Molokhia).
6. On medium heat, leave it for about half an hour, stirring from time to time,
Then serve.



- Molokhia leaves (200 grams).
- 4 cloves of garlic, sliced.
- 1 teaspoon tomato paste (8 grams).
- Half a cup of tomato juice (125 ml).
- 1 teaspoon margarine (8 grams).
- Salt / black pepper / dried chicken stock "to taste".
- 3 cups of water (750 ml).

Optional alternatives and add-ons:

- You can add cubes of chicken breast to add a delicious flavour.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.20	US	+
%0.03	1.00	Qatar	=
%0.1	1.00	<i>Jordan</i>	-

Nutritional values of the dish	
155	Calories
Quantity	Nutrients
6 g	Protein
7.9 g	Fat
22.5 g	Carbohydrates
200 mg	Calcium
2 mg	Iron
7 mg	Cholesterol



Spanish White Beans with Tomato

1. Boil the beans until they are semi-cooked, drain them from the water and leave some of the cooking water in the pot (about a cup).
2. In a frying pan over medium heat, put the oil and onions and stir until the onions turn golden.
3. Add the garlic, spices and salt and stir a little.
4. Add the beans, tomato paste and tomatoes and pour the bean cooking water while stirring constantly.
5. Reduced the heat and covered the pot until the sauce thickens and the beans are cooked, Then serve.



- ½ cup white beans
- Soaked for a whole day (125 grams).
- 1 teaspoon tomato paste (8 grams).
- 1 small onion, finely chopped (50 grams).
- 1 clove of garlic, crushed.
- 1 tomato, finely chopped (100 grams).
- 1 teaspoon chopped coriander.
- 1 tablespoon olive oil (15 ml).
- Salt / mixed spices "to taste".

Optional alternatives and add-ons:

- You can replace olive oil with margarine or butter.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.70	US	+
%0.03	1.00	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
310	Calories
Quantity	Nutrients
10.77 g	Protein
14 g	Fat
38 g	Carbohydrates
115 mg	Calcium
4.5 mg	Iron
21 mg	Sodium



Eggplant Pasta

1. Boil the pasta until cooked, and then drain well.
2. In a frying pan over medium heat, put the oil and garlic and stir until wilted.
3. Add the eggplant cubes and stir continuously for a few minutes.
4. Add the tomatoes and salt to the mixture, then leave for 10 minutes until cooked and thickened.
5. Add the basil leaves and leave for another five minutes.
6. Mix the pasta with the tomato and eggplant sauce, Then serve.



- 1 cup of dry pasta "as desired" (100 grams).
- One eggplant, cut into small cubes (100 grams).
- One clove of garlic, crushed.
- One small tomato, finely chopped (100 grams).
- 3 tablespoons of olive oil (45 ml).
- A few fresh basil leaves.
- Salt "to taste".

Optional alternatives and add-ons:

- You can replace the olive oil with vegetable oil or butter.
- You can replace the fresh basil leaves with ½ teaspoon of dried basil (4 grams).

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.40	US	+
%0.02	0.60	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
565	Calories
Quantity	Nutrients
11 g	Protein
42 g	Fat
43 g	Carbohydrates
260 mg	Calcium
6.3 mg	Iron
249 mg	Sodium



Simple Potato and Tomato Recipe

1. In a deep pot over medium heat, put the vegetable oil.
2. When the oil reaches a high temperature, put the potato slices and stir them from time to time until they turn golden.
3. Put the fried potatoes on the surface of the pan.
4. Add salt and black pepper.
5. Mix the tomato juice and tomato paste.
6. Add the tomato mixture and sprinkle the garlic slices on top.
7. Put it on low heat without stirring for 5 minutes after boiling, Then serve.



- 1 large potato, sliced into evenly sized slices (200 grams).
- ½ cup tomato juice (125 ml).
- 1 teaspoon tomato past (8 grams).
- 3 cloves garlic, sliced.
- Vegetable oil (for frying).
- Salt / black pepper "to taste".

Optional alternatives and add-ons:

- You can bake the potatoes instead of frying them.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.80	US	+
%0.03	1.20	Qatar	=
%0.07	0.70	<i>Jordan</i>	-

Nutritional values of the dish	
570	Calories
Quantity	Nutrients
7.9 g	Protein
25 g	Fat
80 g	Carbohydrates
79.7 mg	Calcium
2 mg	Iron
1500 mg	Sodium



Baba Ghanouj

1. Cut all the vegetables into small cubes.
2. In a frying pan over medium heat, put the margarine with the onion pieces and stir until golden.
3. Put the carrot cubes, then the potatoes, eggplant, pepper, garlic and tomato and stir well for 3 minutes.
4. Put the tomato paste, salt and spices.
5. Put the water and when it starts to boil, lower the heat and leave it for about 35 minutes, stirring occasionally, Then serve.



- 1 small eggplant (50 grams).
- 1 small potato (50 grams).
- 1 small carrot (50 grams).
- 1 small tomato (50 grams).
- 1 small pepper (50 grams).
- 1 small onion (30 grams).
- 1 large clove of crushed garlic.
- 1 teaspoon tomato paste (8 grams).
- 1 tablespoon margarine (15 grams).
- ½ cup water (125 ml).
- Salt and spices "to taste"

Optional alternatives and add-ons:

- You can replace the ghee with butter or corn oil. You can add the vegetables you prefer.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.10	US	+
%0.02	0.50	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
150	Calories
Quantity	Nutrients
3.7 g	Protein
3.5 g	Fat
25 g	Carbohydrates
50 mg	Calcium
1.3 mg	Iron
161 mg	Sodium



Simple Bean Recipe

1. In a pot over medium heat, add oil, onion and garlic and stir for a minute.
2. Add beans and stir occasionally for 5 minutes.
3. Add remaining ingredients and stir well.
4. Cover pot and leave for 40 minutes until beans are cooked, stirring occasionally, Then serve.



- 200 grams chopped green beans.
- 1 small onion chopped (50 grams).
- 1 clove garlic crushed.
- 1/4 cup tomato juice (62 ml).
- 1 teaspoon tomato paste (8 grams).
- 2 tablespoons olive oil (30 ml).
- Salt/black pepper "to taste".
- 1/4 cup water (62 grams).

Optional alternatives and add-ons:

- You can add a little dried chicken stock.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.20	US	+
%0.03	1.00	Qatar	=
%0.03	0.40	<i>Jordan</i>	-

Nutritional values of the dish	
480	Calories
Quantity	Nutrients
15.7 g	Protein
14.6 g	Fat
60 g	Carbohydrates
134 mg	Calcium
3 mg	Iron
542 mg	Sodium



1. In a deep pot, boil the potatoes for about 10 minutes over medium heat (not until fully cooked).
2. Leave to cool.
3. Add spices, egg and cornstarch.
4. Mix well, then shape into equal shapes and thickness (1.5 cm).
5. Put in the refrigerator for 2 hours.
6. In a deep pot over high heat, add vegetable oil.
7. When the oil reaches a high temperature, add the potato pieces and stir gently from time to time until the pieces turn golden, Then serve.



Optional alternatives and add-ons:

- You can replace the eggs by adding a tablespoon of cornstarch.
- You can add some herbs or hot pepper.

- 1 large potato (250 grams).
- Salt / black pepper / paprika / wild thyme.
- 2 tablespoons cornstarch (16 grams).
- 1 small egg.
- Vegetable oil "for frying".

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.70	US	+
%0.03	1.20	Qatar	=
%0.1	0.90	<i>Jordan</i>	-

Nutritional values of the dish	
655	Calories
Quantity	Nutrients
7.5 g	Protein
31 g	Fat
87.3 g	Carbohydrates
35 mg	Calcium
1.4 mg	Iron
1440 mg	Sodium



Swiss chard Lentil Soup

1. In a deep pot over medium heat, boil the lentils until tender (about 20 minutes).
 2. Add the chard and onion and cover the pot until the chard is tender (leave it for about 7 minutes).
 3. In a frying pan over medium heat, add the olive oil and garlic and stir until the garlic turns golden, then add it to the pot.
 4. Add salt and cumin, and serve hot with lemon slices.
- Then serve



- 1 cup black lentils (200 grams).
- 4 cups water (1 liter).
- 1 small chopped onion (50 grams).
- 2 cloves garlic, sliced.
- Finely chopped chard (100 grams).
- 2 tablespoons olive oil (30 ml).
- Salt / cumin "to taste".

Optional alternatives and add-ons:

- You can increase the amount of chard as desired.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.10	US	+
%0.02	0.60	Qatar	=
%0.06	0.60	<i>Jordan</i>	-

Nutritional values of the dish	
565	Calories
Quantity	Nutrients
20.7 g	Protein
33 g	Fat
51 g	Carbohydrates
116 mg	Calcium
9.2 mg	Iron
404 mg	Sodium



Bulgur with potatoes

1. In a deep pot over high heat, first place the potato and onion cubes with water, salt and black pepper.
2. Cover the pot and leave it over medium heat until the potatoes cooked (about a quarter of an hour).
3. Add the bulgur, margarine and tail fat. Close the pot, stir it from time to time and leave it for about a quarter of an hour (we need from half a cup to a cup depending on the type of bulgur).
4. When it is cooked, turn off the heat for a few minutes, Then serve.



- $\frac{1}{2}$ cup coarse bulgur (150 grams).
- 1 medium potato, cut into cubes (150 grams).
- 1 small onion, finely chopped (50 grams).
- 1 tablespoon margarine (15 grams).
- 1 tablespoon tail fat (15 grams).
- Salt / black pepper "to taste".

Optional alternatives and add-ons:

- You can replace the tail fat by adding a spoonful of margarine.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.00	US	+
%0.02	0.50	Qatar	=
%0.04	0.40	<i>Jordan</i>	-

Nutritional values of the dish	
405	Calories
Quantity	Nutrients
5.7 g	Protein
24.5 g	Fat
43 g	Carbohydrates
38 mg	Calcium
1.7 mg	Iron
552 mg	Sodium



Simple okra Recipe

1. In a pot over medium heat, add oil, onion and garlic and stir for two minutes.
2. Add okra, salt and pepper and stir.
3. Add tomato juice, paste and water and stir.
4. Cover the pot and leave it for about half an hour (until the okra is cooked) stirring from time to time, then serve.



- 250 grams of clean okra.
- Juice of a small tomato (62 ml).
- 2 tablespoons of olive oil (30 ml).
- 1 small chopped onion (50 grams).
- 1 teaspoon of tomato paste (7 grams).
- 1 clove of crushed garlic.
- A quarter cup of water (62 ml).
- Salt / black pepper "to test".

Optional alternatives and add-ons:

- You can add a little spice.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.08	3.50	US	+
%0.05	2.20	Qatar	=
%0.2	1.60	<i>Jordan</i>	-

Nutritional values of the dish	
390	Calories
Quantity	Nutrients
6.2 g	Protein
32.2 g	Fat
22.7 g	Carbohydrates
237 mg	Calcium
2 mg	Iron
756 mg	Sodium



Pasta with Béchamel Sauce

For the first layer:

1. Boil the pasta until cooked, then drain it well.
2. Place it in a baking dish (Pyrex or any type you have available).

For the second layer:

1. In a frying pan over low heat, put a teaspoon of ghee, onion and crushed garlic and stir until golden.
2. Add the pepper and stir.
3. Add the spices, salt and tomato paste and stir.
4. Add half a cup of water and leave until the vegetables are cooked (you may need to add more water).
5. Put the sauce over the pasta.

For the third layer "Béchamel":

1. In a frying pan over low heat, put the oil and flour and stir constantly until the flour changes color slightly.
2. Add the milk with constant and rapid stirring until the mixture thickens.
3. Add the garlic, salt and nutmeg and stir a little.
4. Add the Béchamel over the second layer evenly.
5. Place it in the preheated oven to brown the Béchamel.



- 1 cup (100 grams) curly pasta or any type of small pasta.
- 1 small pepper, diced (100 grams).
- 1 tablespoon tomato paste (15 grams).
- Salt/mixed spices/nutmeg "to taste."
- 1 small onion, chopped (50 grams).
- 1 teaspoon margarine (7 grams).
- 1 cup milk (250 ml).
- 1 tablespoon flour (10 grams).
- 1 tablespoon vegetable oil (15 ml).
- 1 clove garlic, crushed.

Optional alternatives and add-ons:

- You can put some other vegetables for the second layer, grated carrots.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.70	US	+
%0.02	1.00	Qatar	=
%0.07	0.70	<i>Jordan</i>	-

Nutritional values of the dish	
545	Calories
Quantity	Nutrients
17 g	Protein
26.7 g	Fat
64.1 g	Carbohydrates
323 mg	Calcium
2.4 mg	Iron
24 mg	Cholesterol



Stuffed Cabbage Rolls

1. Boil the cabbage leaves until they become soft, and then drain them well from the water.
2. For the filling, add the Egyptian rice (pre-soaked), all the spices, vegetable ghee and garlic and mix them gently.
3. Spread the boiled cabbage leaves on the surface you want to work on and cut them into medium-sized pieces, put a little of the filling, and roll the leaves over the filling in the form of a roll, making sure to close the leaves from the edges so that the filling does not leak.
4. Repeat the previous step until the quantity used up.
5. Arrange the stuffed cabbage leaves in a deep pot and place a plate on top of them and press it a little, then add the water solution and tomato paste.
6. Leave it on medium heat until it starts to boil, then cover the pot and reduce the heat and leave it for 50 minutes (until the cabbage is cooked), Then serve.



- 1 small head of cabbage (300 grams).
- 1 tablespoon tomato paste (15 grams).

For the filling:

- Half a cup of Egyptian rice (110 grams).
- 1 tablespoon vegetable ghee (15 grams).
- Salt / black pepper / dried mint / mixed spices "as desired".
- 1 clove of crushed garlic.
- 2 cups of water (500 ml).

Optional alternatives and add-ons:

- You can substitute cabbage, zucchini, eggplant, or any other vegetable you prefer.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.2	8.80	US	+
%0.06	2.40	Qatar	=
%0.2	2.20	<i>Jordan</i>	-

Nutritional values of the dish	
306	Calories
Quantity	Nutrients
8.3 g	Protein
9.3 g	Fat
51.5 g	Carbohydrates
166 mg	Calcium
3.6 mg	Iron
585 mg	Sodium



Palestinian Meshat

1. In a deep bowl, mash the cauliflower completely.
2. Add the egg, vegetables, spices and flour to the cauliflower and mix the ingredients well.
3. In a frying pan, put a small amount of oil so that the cauliflower discs are not submerged.
4. When the oil reaches a medium temperature and using a spoon, shape each disc and turn it over to make it golden on both sides.
5. Drain the discs well from the oil and continue until we finish each quantity, Then serve.



- 300 grams of boiled cauliflower.
- 1 small egg
- 2 tablespoons of finely chopped parsley.
- 1 small chopped onion (50 grams).
- 1/3 cup of flour (50 grams).
- 1 clove of crushed garlic.
- Salt / mixed spices "to taste"
- Vegetable oil "for frying".

Optional alternatives and add-ons:

- You can use any type of spices you like.
- You can replace the egg by adding a tablespoon of cornstarch.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.07	2.8	US	+
%0.04	1.4	Qatar	=
%0.1	1.00	<i>Jordan</i>	-

Nutritional values of the dish	
750	Calories
Quantity	Nutrients
13.8 g	Protein
60.4 g	Fat
42.71 g	Carbohydrates
59 mg	Calcium
3 mg	Iron
212 mg	Cholesterol



Simple Eggplant Recipe

1. Cut the eggplant into round slices of equal thickness (1 cm).
2. In a deep pot over medium heat, put the corn oil.
3. When the oil reaches a high temperature, put the eggplant slices and turn them from time to time until they turn golden.
4. Place the eggplant slices on the surface of a frying pan.
5. Place the tomato paste with water, mixed spices, salt and black pepper and mix them well, and then pour the mixture over the eggplant gently.
6. Place the frying pan over medium heat until it starts to boil, then reduce the heat and leave it without stirring for 5 minutes, Then serve.



Optional alternatives and add-ons:

- You can dip the eggplant pieces in cornstarch so that they do not absorb a lot of oil while frying.

- 1 large eggplant (200 grams).
- 4 cloves of garlic, sliced.
- 1 teaspoon tomato paste (7 grams).
- ½ cup water (100 ml).
- Mixed spices / salt / black pepper "to taste".
- Vegetable oil "for frying".

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.60	US	+
%0.03	1.00	Qatar	=
%0.1	1.00	<i>Jordan</i>	-

Nutritional values of the dish	
321	Calories
Quantity	Nutrients
6 g	Protein
21.6 g	Fat
28.7 g	Carbohydrates
85 mg	Calcium
1.8 mg	Iron
32 mg	Cholesterol



Rice with vegetables

1. In a pot over medium heat, put the vegetable oil and onions and stir until the onions wilt.
2. Add the potatoes, carrots, salt and spices "all kinds" and stir.
3. Add half cup of water and leave it on low heat until the vegetables cooked (about a quarter of an hour).
4. Add the rice and peas and stir the ingredients gently.
5. Add the warm water, then cover the pot and leave it until the rice is cooked, Then serve.



- ½ cup Egyptian rice soaked for half an hour (100 grams).
- 1 tablespoon vegetable oil (15 ml).
- 1 small onion, sliced (50 grams).
- 1 small carrot, finely chopped (50 grams).
- 1 small potato, cut into small cubes (50 grams).
- ¼ cup boiled peas (60 grams).
- Salt / black pepper / dried coriander / masala spices "as desired".
- Three quarters of a cup of warm water (62 ml).

Optional alternatives and add-ons:

- You can replace vegetable oil with margarine or butter.
- You can add your favorite vegetables.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.40	US	+
%0.02	0.60	Qatar	=
%0.04	0.40	<i>Jordan</i>	-

Nutritional values of the dish	
385	Calories
Quantity	Nutrients
7.5 g	Protein
14.3 g	Fat
57 g	Carbohydrates
48 mg	Calcium
3 mg	Iron
42 mg	Sodium



The fraudulent kibbeh

To prepare the filling:

1. Cut the onion and boiled potatoes into small cubes.
2. In a pot over low heat, add the olive oil with the onions and stir until golden.
3. Add the potato cubes, salt and black pepper and stir gently for two minutes.
4. Mash the ingredients well and leave to cool slightly.

To prepare the dough:

1. Chop all the dough ingredients (the ingredients must be chopped with a grinder) at least twice, gradually adding cold water until the dough becomes cohesive and not dry.
2. Shape the dough into the well-known kibbeh shape and stuff it with the filling we prepared earlier.

For frying:

1. In a deep pot over high heat, add the oil.
2. When the oil reaches a high temperature, place the kibbeh pieces and stir them lightly from time to time until the pieces turn golden, then serve.



Dough Ingredients:

- 1 cup fine bulgur (250 grams).
- 1 large boiled potato (150 grams).
- Salt/pepper "to taste".
- 1 teaspoon white flour (5 grams).
- 1 small finely chopped onion (50 grams).
- Cold water "as needed".

For the filling:

- 1 large boiled potato (150 grams).
- 1 small onion (50 grams).
- 1 tablespoon olive oil (15 grams).
- Salt/black pepper "to taste".
- Vegetable oil "for frying".

Optional alternatives and add-ons:

- If you do not have a mincing machine, you can soak the bulgur in the same amount of boiling water for two hours. When adding the rest of the ingredients, you must knead the ingredients well until the dough becomes soft and smooth.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.40	US	+
%0.03	1.00	Qatar	=
%0.1	1.00	<i>Jordan</i>	-

Nutritional values of the dish	
1245	Calories
Quantity	Nutrients
14.3 g	Protein
82.6 g	Fat
120 g	Carbohydrates
73 mg	Calcium
3.8 mg	Iron
566 mg	Sodium



Harrak Isbaoh

1. In a deep pot over medium heat, boil the lentils completely (it takes about 20 minutes after boiling).
2. Add the pasta to the lentils, making sure there is an adequate amount of water to boil the pasta.
3. In another pot over medium heat, add the oil and when it reach a high temperature, add the onion slices and stir until they become golden and crunchy, then fry the bread pieces in the same way, then set them aside.
4. In a frying pan over medium heat, add the olive oil and garlic and stir until the garlic turns golden, then add the coriander and stir for two minutes and turn off.
5. When the pasta is cooked, add the salt, sumac and lemon juice to the mixture and stir, and then leave it for two minutes.
6. Put the mixture in a serving dish and decorate it with the bread, onions and coriander and garlic mixture, then serve.



- ½ cup black lentils (100 grams).
- ½ cup small pasta (50 grams).
- 1 medium onion, sliced (100 grams).
- ½ small loaf of Arabic bread, cut into equal pieces.
- 4 tablespoons chopped coriander.
- 2 cloves garlic, sliced.
- 2 tablespoons olive oil (30 ml).
- Salt/sumac "to taste".
- 2 tablespoons lemon juice (30 ml).
- Vegetable oil "for frying".

Optional alternatives and add-ons:

- You can control the amount of acidity you prefer.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.04	1.70	US	+
%0.03	1.30	Qatar	=
%0.1	1.00	<i>Jordan</i>	-

Nutritional values of the dish	
750	Calories
Quantity	Nutrients
18.8 g	Protein
47 g	Fat
67.4 g	Carbohydrates
130 mg	Calcium
6 mg	Iron
35 mg	Cholesterol



Hubeyza Recipe

1. In a pot and over low heat, put the olive oil and onion cubes and stir until wilted.
2. Add the Hubeyza, salt, spices and crushed garlic and stir.
3. Add the water and leave until the Hubeyza is cooked (about 10 minutes) Then serve.



- 200 grams of cleaned and finely chopped Hubeyza.
- 2 tablespoons olive oil (30 ml).
- 1 small onion, finely chopped (50 grams).
- 1 clove of crushed garlic
- Salt / black pepper / dried chicken stock "to taste".
- 1/4 cup water (60 ml).

Optional alternatives and add-ons:

- You can omit the dried chicken broth.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.20	US	+
%0.02	0.70	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
344	Calories
Quantity	Nutrients
6.5 g	Protein
31.6 g	Fat
13.4 g	Carbohydrates
280 mg	Calcium
7.3 mg	Iron
574 mg	Sodium



Simple Green beans Recipe

1. In a deep pot over low heat, put the garlic slices and olive oil and stir until the garlic slices turn golden.
2. Add the green beans, coriander, black pepper, and dried chicken stock and stir.
3. Add the water and stir from time to time for about an hour (until the beans are cooked), Then serve.



- 200 grams of fresh green beans, cut into medium slices (0.5 cm).
- 1 large clove of garlic, sliced.
- 2 tablespoons of olive oil (30 ml).
- Salt / dried chicken stock / black pepper (to taste).
- 2 tablespoons of finely chopped coriander.
- Half a cup of water (125 ml).

Optional alternatives and add-ons:

- You can omit the dried chicken broth.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.1	4.30	US	+
%0.02	0.60	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
463	Calories
Quantity	Nutrients
15.4 g	Protein
27.8 g	Fat
40.3 g	Carbohydrates
77 mg	Calcium
3.2 mg	Iron
12 mg	Sodium



Lentil Kebab

1. Using a mincer or food processor, put the lentils, potatoes, onions and parsley, taking care not to turn them into a smooth dough.
2. Put the mixture in a bowl (with a tightly closed lid), then add the flour and spices "of all kinds" and mix them well.
3. Shape a cup from aluminum foil and add a spoonful of vegetable oil.
4. Put the burning coal inside the aluminum foil and cover the bowl with the lid for a quarter of an hour to take on the barbecue flavor.
5. Divide the mixture into equal pieces and shape the pieces into kebabs or discs (wetting your hands with oil to facilitate shaping).
6. "For grilling", grease a tray with oil and place the discs lightly, then grill them in the oven until it turn brown from the bottom.
7. Grease the discs with oil from the top and brown them, Then serve.



- 1 cup of black lentils soaked overnight (200 grams).
- 1 small boiled potato (70 grams).
- 2 tablespoons chopped parsley.
- 1 small finely chopped onion (50 grams).
- 1 teaspoon flour (5 grams).
- Salt / black pepper / mixed spices "as desired".
- A piece of charcoal "to give a barbecue flavor".
- Vegetable oil "for grilling".

Optional alternatives and add-ons:

- You can fry the discs instead of grilling them.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.10	US	+
%0.02	0.70	Qatar	=
%0.03	0.30	<i>Jordan</i>	-

Nutritional values of the dish	
685	Calories
Quantity	Nutrients
20 g	Protein
41.7 g	Fat
61.5 g	Carbohydrates
70 mg	Calcium
7.3 mg	Iron
25 mg	Sodium



Sals with yogurt

To prepare the dough:

1. In a deep bowl, put the flour, fine bulgur, a little salt and gradually boiling water and knead until the dough becomes cohesive (you may need less or more than a cup of water, so add the water gradually).
2. Shape the dough into small, equal-sized balls.

To prepare the soup:

1. In a pot and over medium heat, boil the lentils and potatoes with salt for 20 minutes (until the lentils are cooked).
2. Leave about a cup of boiling water and gradually add the milk, stirring quickly and continuously until the milk boils.
3. Add the dried mint and dough balls to the milk and stir from time to time.
4. In a frying pan, put the olive oil and garlic slices and stir until golden.
5. Add the garlic slices and olive oil to the milk and leave it on low heat for 5 minutes.
5. Garnish the serving dish with dried mint, then serve.



For the dough:

- 1/3 cup all-purpose flour (50 grams).
- 1/3 cup fine bulgur (83 grams).
- 1/2 cup boiling water (125 ml)
- ...
- 1/4 cup brown lentils (50grams).
- 1 medium potato, cut into small cubes (100 grams).
- 1 cup yogurt (200 grams).
- Salt/dried mint "to taste".
- 2 cloves garlic, sliced.
- 2 tablespoons olive oil (30 ml).

Optional alternatives and add-ons:

- You can shape the dough into different shapes and stuff it with fat and chopped onions.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.1	3.90	US	+
%0.02	0.80	Qatar	=
%0.07	0.70	<i>Jordan</i>	-

Nutritional values of the dish	
880	Calories
Quantity	Nutrients
23.2 g	Protein
34.5 g	Fat
122 g	Carbohydrates
344 mg	Calcium
4 mg	Iron
307 mg	Sodium



Syrian falafel

1. Using a food processor or mincer, combine the chickpeas with the rest of the ingredients until you have a formable dough.
2. Put the mixture in a bowl, cover with plastic wrap and leave for half an hour.
3. In a deep pot, add plenty of oil to medium heat.
4. Shape the dough into discs with your hands (making sure to wet your hands to make shaping easier) or using a falafel-shaping tool.
5. When the oil reaches medium heat, fry the discs and turn them over until golden, Then serve.



- Half a cup of chickpeas soaked overnight (125 grams).
- 2 tablespoons finely chopped onion.
- Half a teaspoon flour (5 grams).
- 2 tablespoons finely chopped parsley.
- 1 clove of crushed garlic.
- A pinch of baking soda.
- Salt/cumin/dried coriander "as desired".
- Vegetable oil "for frying".

Optional alternatives and add-ons:

- You can add a sprinkle of sesame to the dough or dip the disc in sesame before frying.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.00	US	+
%0.04	1.50	Qatar	=
%0.1	1.20	<i>Jordan</i>	-

Nutritional values of the dish	
500	Calories
Quantity	Nutrients
20 g	Protein
26.7 g	Fat
47.8 g	Carbohydrates
81 mg	Calcium
5.2 mg	Iron
441 mg	Sodium



Peas with Béchamel Sauce

For the first layer:

1. In a frying pan over low heat, put the ghee, onions and crushed garlic and stir until golden.
2. Add the peas, peppers and carrots and stir.
3. Add the spices, salt, and stir.
4. Add half a cup of water and leave until the vegetables are cooked (you may need to add more water).
5. Place the vegetables in a baking dish (Pyrex or any type you have available).

For the béchamel:

1. In a frying pan over low heat, put the oil and flour and stir constantly until the flour changes color slightly.
2. Add the milk while stirring constantly and quickly until the mixture thickens.
3. Add the garlic, salt and nutmeg and stir a little.
4. Pour the béchamel over the first layer and put it in a preheated oven for 10 minutes until the béchamel turns red, Then serve.



Optional alternatives and add-ons:

- You can replace vegetable oil with margarine or butter.

For the first layer:

- 200 grams of peas.
- 1 teaspoon of vegetable ghee (7 grams).
- 1 small pepper, diced (100 grams).
- 1 small carrot, grated (70 grams).
- Salt / mixed spices "to taste."
- 1 small onion, chopped (50 grams).

For the béchamel:

- 1 tablespoon of flour (10 grams).
- 1 tablespoon of vegetable oil (15 ml).
- 1 cup of milk (250 ml).
- 1 clove of garlic, crushed.
- Salt / nutmeg "to taste".

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.3	US	+
%0.04	1.80	Qatar	=
%0.08	0.80	<i>Jordan</i>	-

Nutritional values of the dish	
660	Calories
Quantity	Nutrients
21.7 g	Protein
35.6 g	Fat
67.8 g	Carbohydrates
380 mg	Calcium
4 mg	Iron
755 mg	Sodium



Simple Spinach Recipe

1. Chop the spinach into medium pieces.
2. In a pot, put the olive oil, onions and garlic and stir them over low heat until they turn golden.
3. Gradually add the spinach, stirring until it wilts.
4. Add salt and spices and leave the spinach for 5 minutes.
No need to add water.



- 300 grams of spinach.
- 1 finely chopped onion (50 grams).
- 1 finely chopped garlic clove.
- 2 tablespoons olive oil (30 ml).
- Salt / black pepper / dried chicken stock "to taste".

Optional alternatives and add-ons:

- You can add cubes of chicken breast to add a delicious flavor.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.03	1.40	US	+
%0.02	0.80	Qatar	=
%0.02	0.20	<i>Jordan</i>	-

Nutritional values of the dish	
385	Calories
Quantity	Nutrients
9.2 g	Protein
33.8 g	Fat
17 g	Carbohydrates
412 mg	Calcium
10.7 mg	Iron
860 mg	Sodium



Spinach pies

To prepare the dough:

1. In a bowl, put the water, yeast and sugar and cover the bowl for 4 minutes.
2. Add the oil and milk and stir.
3. Gradually add the flour (a quarter cup, then stir well and so on until the dough is consistent. You may need less or more than a cup) and knead for 5 minutes.
4. Cover the dough, put it in a warm place, and leave it for half an hour and it will be ready to use.
5. (This dough could be used for all types of pies).

For the filling:

1. In a large bowl, put the salt, spinach, and rub until the spinach wilts, then drain it well from the water.
2. Add the rest of the ingredients and stir them and it will be ready.
3. To shape:
4. Shape the dough into balls of equal sizes (large or small as desired).
5. Cover the balls and leave them to rest for 5 minutes.
6. Spread the dough to become circular in shape, put a tablespoon of the filling in the middle, and close the three sides towards the middle in a way that we get a triangle.
7. Place it in a baking tray (preheat the oven to 190 degrees) and bake it for 10-15 minutes until it turns golden.



For the dough:

1. 1 cup all-purpose flour (150 grams).
2. 2 tablespoons yogurt (30 grams).
3. 2 tablespoons vegetable oil (30 ml).
4. 1/4 cup warm water. (60 ml).
5. 1/4 teaspoon instant yeast (3 grams).
6. 1/2 teaspoon sugar (7 grams).

For the filling:

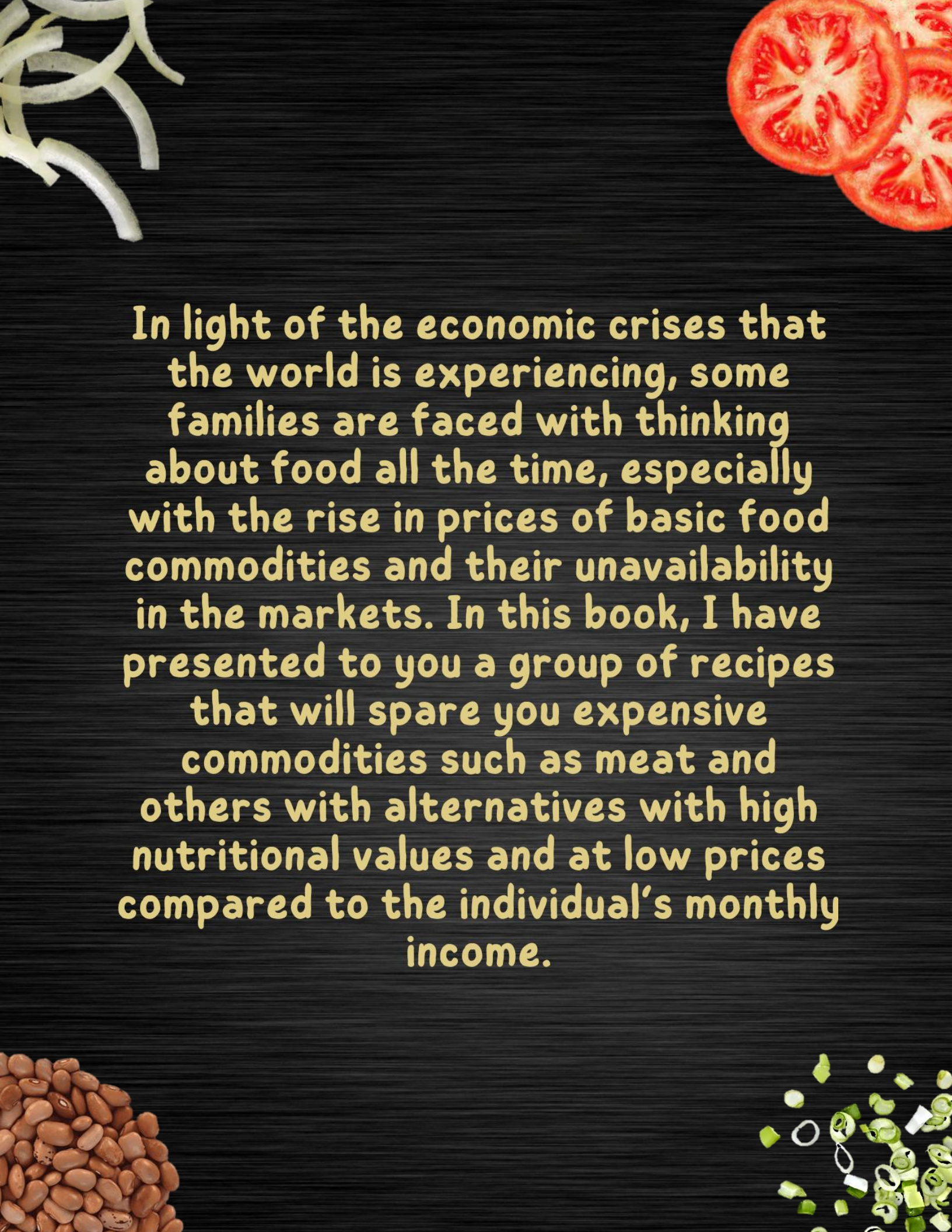
1. 200 grams chopped spinach.
2. 1 small onion cut into small cubes (100 grams).
3. Salt / black pepper / sumac "to taste".
4. 2 tablespoons lemon juice (15 ml).
5. 1 tablespoon olive oil (15 ml).

Optional alternatives and add-ons:

- You can control the desired amount of acidity in the filling by increasing or decreasing the amount of sumac and lemon juice.
- You can fry the pies, making sure to close the pies tightly.

Percentage of monthly income per person	Dish price (dollar)	The State	
%0.05	2.30	US	+
%0.02	0.80	Qatar	=
%0.04	0.40	<i>Jordan</i>	-

Nutritional values of the dish	
967	Calories
Quantity	Nutrients
20.4 g	Protein
47.5 g	Fat
117.6 g	Carbohydrates
400 mg	Calcium
8.6 mg	Iron
590 mg	Sodium



In light of the economic crises that the world is experiencing, some families are faced with thinking about food all the time, especially with the rise in prices of basic food commodities and their unavailability in the markets. In this book, I have presented to you a group of recipes that will spare you expensive commodities such as meat and others with alternatives with high nutritional values and at low prices compared to the individual's monthly income.