

Food for Thought

Recipe card

Tibes Ethiopia

Contributed by Diway Eshete

A mix between a stir fry and a stew, tibes is rich with flavour and usually served with bread, rice or the traditional Ethiopian *injera* flatbread. Serves four.

Ingredients

- 2 medium onions
- 1 green pepper
- 2 tsp chilli (depending on spice preference)
- 3 tsp sunflower oil
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp cumin
- 2 garlic cloves (chopped)
- 3 large peeled tomatoes
- 2 pounds beef (you can use other meats or meat replacement)
- 4 tsp butter
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ cup hot water
- $\frac{1}{2}$ tsp rosemary

Method

1. Peel tomatoes, then chop into small chunks along with beef, onion and green pepper.
2. Heat pan then add oil. When it is hot, add the beef to the oil and stir fry for 4 minutes
3. Add in the onion, garlic and green pepper. Stir for 2 minutes
4. Add in the chopped tomatoes. Stir for 2 minutes
5. Add all spices, rosemary, salt and butter and mix well
6. Add $\frac{1}{2}$ cup of hot water and stir for 2 minutes
7. Turn down heat and leave to simmer for 2 minutes
8. Serve with bread or *injera*.

How ActionAid is supporting women in Ethiopia

Gete Haile chairs a savings and credit group in the Shewa region of central Ethiopia. After receiving training and a small loan from ActionAid, she bought two cows. Today her business has grown to include six cows that produce 35 litres of milk a day.

Not only is Gete's business self-sustaining, it has inspired other women to become independent too. As leader of the credit group, Gete is responsible for looking after 300,000 birr (£9,000) in savings to be used by women for local projects.

