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I'M FUNDRAISING FOR MIRY'S LIST AND I WANT TO FEED YOU!
MIRY'S LIST IS A NON-PROFIT ORGANIZATION THAT HELPS OUR NEWEST
NEIGHBORS FROM SYRIA, AFGHANISTAN, IRAN AND IRAQ WITH THE
THINGS, PEOPLE, AND SERVICES THEY NEED TO THRIVE IN THEIR
NEW LIVES IN AMERICA.

WE'LL BE GATHERING WITH FRIENDS, SHARING A MEAL AND RAISING MONEY.
100% OF DONATIONS PROVIDE PROGRAMMING AND SERVICES TO
FAMILIES RESETTLING IN AMERICA AS REFUGEES.

DETAILS

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WHEN: _____

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VERY THANKFUL

TONIGHT'S MENU:

#MIRYSLIST #FRIENDSGIVING



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#MIRYSLIST #FRIENDSGIVING

SO VERY THANKFUL

FRIENDSGIVING

with Miry's List

GUEST BOOK

NAME	EMAIL	FACEBOOK/ INSTAGRAM HANDLE

#MIRYSLIST #FRIENDSGIVING



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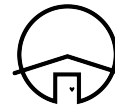


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MIRY'S LIST RECIPES



RABIA'S HOMEMADE AFGHAN LOLA KABOB

Serves 4 | Prep Time: 10 min | Ready to eat in: 25 min

This popular variety of Afghan kabob can be served with fries, vegetables, rice and spicy chutney.

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">1 lb. ground beef2 steamed or boiled potatoes, mashed1 diced red or green pepper2 eggs2 cloves garlic1 medium onion1 tbsp. ground black pepper1 tbsp. ground coriander1/3 tbsp. ground ginger1/3 tbsp. garam masala1 tbsp. salt¼ cup water½ cup all purpose flourOil for deep frying	<p>COOK beef, onion and garlic, dash of salt and small amount of water for 7 minutes. It shouldn't be cooked completely.</p> <p>MIX together beef, mashed potatoes, and peppers. Add black pepper, salt, one egg, ground coriander, ground ginger, garam masala and flour to beef and potatoes mix.</p> <p>BLEND together with hands or in food processor or meat grinder until it makes a fine paste.</p> <p>MIX 1 egg in a bowl and use to coat your hands for making kebab.</p> <p>ROLL small amounts of kabob mixture and roll it back and forth between your hands. Each kabob should be approx. 3in long and 1in wide.</p> <p>DEEP FRY kabobs, covered in oil in deep pan</p> <p>SERVE atop salad or rice with fries and enjoy!</p>



MIRY'S LIST RECIPES

MAYSAA'S HOMEMADE

SYRIAN FATTOUSH SALAD

Serves 6-8

Cook's Note: If prepping ahead, keep the dressing and chips on the side until just before you serve.

INGREDIENTS	DIRECTIONS
4 Persian cucumbers 4 tomatoes 2-3 stalks green onion or 1 small yellow onion 1 small head white cabbage ½ small head red cabbage 1 bunch parsley 1 bunch romaine lettuce 1 pita bread 3 Tbsp olive oil Salt Juice from 1 lemon Feta cheese (optional)	PREHEAT oven to 350°F. CHOP cucumbers, tomatoes, onion, white cabbage, red cabbage, parsley and lettuce. COMBINE in a large salad bowl and toss. CUT pita bread into squares and bake until crispy and golden. Alternatively, the pita chips can be deep fried in oil until gold. ADD olive oil, salt and lemon juice to the salad and toss. Top with fresh pita chips and crumbled feta cheese, if using. SERVE immediately.

ABIR'S 5 INGREDIENT (VEGAN)

HUMMUS

Serves 6-8

INGREDIENTS	DIRECTIONS
2 lbs dried chickpeas (garbanzo beans) 1 cup fresh lemon juice 1 cup tahini (sesame seed paste) 5 ice cubes Salt to taste Olive oil for drizzle	Soak dried chick peas in water overnight. The next morning, rinse them in a colander with cool water. Place rinsed chick peas in a stock pot of water and boil very well, about 1 ¼ to 1 ½ hours. When chickpeas are soft, remove them from water and let them cool completely. Place cooled chickpeas in food processor and turn on. Add 5 ice cubes, one at a time, while machine runs. Pour in lemon juice, slowly, allowing it to blend, then add the tahini and allow the machine to run until fully blended and smooth. Add salt to taste. Give yourself a hug! You just made Abir's 5 ingredient hummus! Serve room temperature in a shallow bowl or plate, finishing with olive oil drizzle and sumac garnish for color.

ARABIC PHRASES:

Haza Laziz! | This is delicious!

Shukran! | Thank you! Ana Huna | I'm here