

# Family Green Survival™

## Survival Eating

*Information is provided for informational purposes only and is not intended as a substitute for the advice provided by your physician or other healthcare professional. You should always consult with your physician or other healthcare professional before changing your diet.*

The Survival Eating program asks you to pledge to eat, **one day a month**, as millions of poor people eat every day of their lives. The poor and low income populations in developing countries earn \$1 to \$3 a day and consume between 1,000 to 1,400 calories per day. Conversely, daily per capita calorie consumption in the developed western countries hovers around 3,600. Americans average 3,654 calories daily (with spikes to 6,000 calories for major holidays). The experience of Survival Eating is designed to create a deeper understanding and personal empathy for the world's poor. The rules for Survival Eating are simple:

- Purchase regionally grown, seasonal foods because they are less expensive, fresh, and more nutritious
- Meat and dairy products are eaten infrequently and in small quantities because they are expensive
- Food must be prepared and cooked at home
- Family should eat together and take time to discuss their views and feelings about the food – quantity, quality, nourishment

*Keep in mind that it is not the guilt of our abundance that drives this program; it is the process of personally experiencing an important part of the lives of those that are not so fortunate, and in turn, treating our abundance with respect.*

**Paucity of Service Size:** You will notice that serving sizes are small because that is what the poor can afford. If you feel hungry during the day, resist the urge to snack; you are experiencing the hunger of billions of people all over the world – many of them often miss one of the three daily meals because there is no income that day. If, by the end of the day, you are not feeling hungry, you have eaten too much. *Be thankful that you are experiencing hunger by choice and not as a fact of daily life.*

**Meat and Fish:** When used, the meat and fish quantities are small and the cuts are of lower quality. In the developing countries, meat and fish are beyond the reach of poor people. Their protein source is primarily from lentils and beans and *small* servings of milk or yogurt.

**Shopping:** In order to fully capture the spirit of the program, shop at lower cost stores and focus on items that are in season and on sale – the cheaper the better. Skip your favorite fancy supermarket and drive to a store patronized by

lower income people. The quality of food and service will be lower, and you will have to 'bag' yourself, but that is the reality.

Given below are recipes for dishes typically consumed by the representative poor populations. Minor changes have been made to accommodate the availability of ingredients.

*The recipes below will suffice for three months – one Survival Day each from India, Mexico, and China. Additional recipes will be sent to you if you sign up for the Monthly News Letter.*

## **Survival Eating Day – India**

The Indian recipes are from Punjab, Northern India. The foods in other parts of the country are quite varied and require different ingredients, utensils, and cooking techniques. Also, the ingredients for North Indian dishes are easily available in most areas of US. *When shopping, look for food items that are on sale.*

**Breakfast:** For low income people, breakfast will be one or two chapattis (flat, whole wheat griddle bread) served with a small quantity of chutney or pickle and a cup of milk tea. Or, it can be grain porridge with a little milk, or simply a cup of tea.

**Chapatti:** Whole wheat flat bread cooked on a griddle is served at every meal. Making good quality chapattis requires much practice and is difficult to master. Mexican whole wheat or corn tortillas come very close to chapattis and are a good substitute. Two wheat or corn tortillas make a typical serving.

**Lunch and Dinner:** The dishes served for lunch and dinner are the same – two chapattis, vegetable curry or lentil curry, chutney or pickle, raw onion, and green chilies. Occasionally, for dinner, a vegetable dish and lentil curry may be served accompanied by boiled rice.

**Meat, Fish, and Eggs:** Most Indians are vegetarians; even for the non-vegetarian poor population, meat, fish, and eggs are very expensive and seldom eaten (per capita consumption of chicken in India is about 5 pounds per year – yes, that is correct, per person, per year).

**Milk:** Milk and yogurt are cherished by most Indians but very expensive for the poor. Most poor can afford to purchase no more than one or two cups of milk per day for the entire family. On your Survival Eating day, limit yourself to about a cup of milk for the day.

**Fruits, Nuts, and Seeds:** All variety of fruits, nuts, and seeds are very expensive and seldom consumed by the poor. For example, one pound of shelled almonds

is priced around \$6 (equivalent to two or three days of wages for a day laborer) and *completely* out of reach for the low income families. So, no fruits, nuts, or seeds on your Survival Eating Day.

**Condiments:** For the poor, condiments are raw onion and green or red chilies.

- **Breakfast:** A cup of porridge or two chapattis (substitute wheat or corn tortillas) with a small quantity of pickle or chutney, and a cup of milk tea
- **Lunch and Dinner:** Curried vegetables or curried lentils with two chapattis (substitute wheat or corn tortillas)

**Note:** In the recipes below, resist the urge to use greater quantities than specified.

### 1. Porridge, Serves 4

Can be made from a variety of grains – wheat, millet, oats, and amaranth, or a mixture of these grains. A small quantity of heated milk and sugar are added. It is best to soak the grains in water overnight to reduced cooking time; this is an important consideration for low income people as cooking fuels are very expensive. Remember, no microwave cooking and no pre-cooked instant anything.

1 cup bulgur wheat, millet, oats (not instant), and/or amaranth, soaked overnight in water to cover  
1 to 2 cups of water  
½ cup milk  
1 tablespoons sugar

In a saucepan, bring the soaked grains, water, milk, sugar to a boil; reduce heat to low and cook, stirring occasionally, until cooked through, usually 15 to 20 minutes.

### 2. Curried Cabbage & Carrots, Serves 4

1 small head cabbage  
2 teaspoons cooking oil  
1 cup onion, minced  
2 carrots, peeled and diced  
1 to 2 teaspoons curry powder  
¾ teaspoon salt  
½ teaspoon red pepper flakes  
3 tablespoons minced cilantro

Slice the cabbage vertically; cut and discard the hard core, then slice the cabbage into 1-inch chunks.

In a large skillet, heat oil over medium heat, add and sauté onions for 5 minutes, add cabbage and carrots, stir and cook for about 20 to 25 minutes, stirring often to avoid scorching; if the mixture gets too dry, add 1 tablespoon water at a time and stir.

Push the vegetable mixture towards the outside of the pan, add curry powder, salt, pepper flakes and let cook for 30 seconds, stir and mix the spices with vegetable mixture and cook for about 5 minutes, turning the mixture occasionally. If the mixture gets too dry while cooking, add one tablespoon water at a time. Sprinkle with cilantro.

### **3. Curried Lentils, 4 Servings**

If you are planning to have rice with curried lentils, make the dish a bit soupier as the rice would absorb some of the moisture when the finished dishes are served together. If you plan to have chapattis (or tortillas) with the curried lentils, make it thicker by using little less water or cooking it uncovered longer.

- 1 cup lentils
- 2 teaspoons cooking oil
- 1 cup onion, minced
- 1 to 2 teaspoons curry powder
- ½ teaspoon turmeric powder
- ½ teaspoon red pepper flakes
- 2 to 3 cups water
- 1 teaspoon salt
- 1 tablespoon cilantro, minced

Check the lentils and remove any stones or stems. Rinse and then soak in a bowl with sufficient water to cover for 2 to 4 hours or overnight.

In a heavy bottom sauce pan with a lid, heat oil over medium heat, add onions and sauté for 10 minutes, stirring often. Add curry powder, turmeric powder, and pepper flakes, stir and cook for 30 seconds.

Drain and add the lentils and 2 cups of water to the pan, stir well, bring to a simmer, reduce the heat to low and cook, covered, for about 45 minutes; stir occasionally to avoid scorching. If the mixture is too thick, add ¼ cup water at a time. Add salt, stir, and continue to cook, covered for 20 to 30 minutes, until lentils are thoroughly cooked. When serving, sprinkle with cilantro.

### **4. Rice**

Typically, one cup of rice is cooked with 2 cups of water, ½ teaspoon turmeric powder, and a touch of salt, which makes three to four servings. Basmati rice is very expensive and not purchased by the poor; use any type or regularly priced rice. *When serving rice with the meal, don't serve any type of bread.*

### **5. Milk Tea, Serves 4**

4 cups water  
1 cup milk  
2 to 3 teaspoon tea leaves (black tea)  
2 teaspoon sugar

In a sauce pan bring water, milk, and sugar to boil, add tea; reduce heat to medium low and simmer for 1 minute; stir, strain and serve.

## **Survival Eating Day – China**

In the recipes below, you would notice that the quantity of meat and fish, when used, is quite small and the quality of the cut is not prime. Also, the vegetables used are on the lower side of price spectrum for the same reason. *When shopping, look for food items that are on sale.*

In Chinese cooking, the dishes are often seasoned by using preserved vegetables, which are quite salty. I have omitted the use of preserved Chinese vegetables as these are a 'developed' taste. However, if you want to venture, start by using a small piece of the preserved vegetable and then adjust to your taste. Buy preserved vegetables, in small containers, from Chinese stores.

Plain cooked rice or noodles are served as accompaniments for lunch and dinner. A cup of cooked rice or noodles would make a serving.

- **Breakfast:** Rice, corn, or millet porridge, green tea.
- **Lunch:** Soup or one of the dishes with rice or noodles, green tea.
- **Dinner:** Soup or one of the dishes, sometimes soup and a dish, with rice or noodles, green tea.

**Note:** In the recipes below, resist the urge to use greater quantities than specified.

### **1. Sweet Potato Congee, Serves 4**

Congee is a thin porridge usually served for breakfast. Small quantity of rice or millet is cooked with quite a bit of water. Small quantity of sugar is added towards the end of cooking. The cooked porridge is sometimes thinned by adding a small quantity of soy milk.

6 to 8 cups water  
½ cup rice, corn, or millet, rinsed and drained  
1 small sweet potato, peeled and diced small  
½ to 1 teaspoon fresh ginger, peeled and minced (optional)  
1 tablespoon sugar

Combine all ingredients, except sugar, in a deep saucepan, bring to boil, stirring. Reduce heat to low, place lid on pan leaving it slightly ajar to avoid spattering. Cook for about 20 to 30 minutes, stirring occasionally. Remove from heat, stir in the sugar and serve.

## **2. Chicken and Cabbage Soup, Serves 4**

6 to 8 cups water  
4 large Chinese dry mushrooms, rinsed to remove any dirt  
2 chicken legs (the original recipe specified chicken back and chicken necks, which are less costly cuts of meat, but seldom sold separately in US)  
2 garlic cloves, peeled, stemmed and minced  
1½ pounds Chinese cabbage (or a small head of green cabbage)  
1 teaspoon fresh ginger, peeled and minced  
1 to 2 teaspoons soy sauce  
1 teaspoon Chinese fermented black beans, well rinsed and smashed

Slice the cabbage vertically; cut and discard the hard core, then slice the cabbage into 1-inch chunks.

In a large sauce pan, combine water, mushrooms, and chicken, bring to a boil; turn heat to low and simmer for 45 minutes. Using a slotted spoon remove chicken and mushrooms to a bowl; add cabbage, ginger, soy sauce, and black beans to the pan. When chicken legs are cool to handle, remove the meat from bones and slice the mushrooms into thin slices. Return the meat, bones, and mushrooms to soup stock; stir and cook for 7 minutes.

The chicken bones are cracked and the marrow is picked or sucked for protein.

## **3. Vegetable Stir Fry, Serves 4**

2 teaspoon cooking oil  
4 to 6 cups low cost vegetables of your choice, sliced uniformly  
1 to 2 teaspoons soy sauce  
1 to 2 teaspoons oyster sauce or 1 teaspoon Chinese fermented black beans, well rinsed and smashed

Heat oil in a large skillet over medium-high heat; add vegetables, stir-fry for 5 minutes. Add soy sauce and oyster sauce or ferment beans, stir well, and

continue stir frying until vegetables are just done, 3 to 4 minutes. If too dry, add a little water while stir frying.

#### 4. Green Tea

Bring 4 cups of water to near boil, pour into a teapot, and add 3 to 4 teaspoons of green tea leaves, stir, and replace the teapot cover; let steep for 2 to 3 minutes.

### Survival Eating Day – Mexico

Like the poor in other developing countries, Mexico's poor rely primarily on beans, corn, and seasonal vegetables, supplemented with small quantities of meat, fish, eggs and milk when income allows. If they have snacks, it is occasionally popcorn or seasonal fruits when the prices are rock bottom. *When shopping, look for food items that are on sale.*

**Beans:** The primary source of protein is beans – pinto, kidney, and black. A typical poor family would use only dry beans, as they are reasonably priced and have a long shelf life. Most require overnight soaking and long cooking time.

- **Breakfast:** Two tortillas with couple of tablespoons of beans, dab of hot sauce, squeeze of lime juice and salt, coffee, and sometimes milk
- **Lunch:** Tortillas, beans, salsa, sweet lemon water, vegetables, sometimes milk for children in school
- **Dinner:** Tortillas, beans, rice, vegetables, and salsa; occasionally supplemented with small quantity of meat or fish
- **Condiments:** Salsa, chilies

**Note:** In the recipes below, resist the urge to use greater quantities than specified.

#### 1. Frijoles Refritos: Refried Beans, Serves 4 to 6

Pinto or red beans are soaked overnight and then cooked in water, drained and fried (pan cooked) with a small quantity of oil or lard, sometimes with minced onions and garlic. Refried is actually a misnomer, the cooked beans are not deep fried.

1 cup dried pinto or kidney beans, water for soaking  
1 to 2 cups water for cooking the beans  
4 ounces salt pork, diced  
1 tablespoon cooking oil  
1 cup minced onion  
2 cloves garlic, peeled and minced  
1 to 2 teaspoons chili powder

The night before, rinse and soak the beans in sufficient water to cover.

In a heavy bottom sauce pan with cover, combine the soaked beans (don't drain the soaking water) salt port, and 1 cup of water, bring to boil over medium high heat; turn heat low, cover the pan, and cook for about 60 to 90 minutes until beans are tender; stir occasionally. If too dry, add ¼ cup water at a time (don't end up with too much water). Drain the beans and pork mixture and save the cooking liquid. Note: These beans can be used in any of the bean recipes below.

In the same pan, heat oil over medium heat, add onions and garlic and cook, stirring, for 5 minutes. Add chili powder, stir and cook for 1 minute, add beans and pork mixture and using a potato masher, mash the beans; may need to add little amounts of saved cooking liquid if too dry; continue to cook for 7 to 10 minutes until heated through. For lunch or dinner, serve the beans with one or two warmed tortillas and a dab of salsa.

## **2. Bean Soup, Serves 4 to 6**

- 1 tablespoon cooking oil
- 4 ounces meat, diced (buy the cheapest cut – chicken, beef, or pork)
- 1 cup onion, minced
- 1 medium green bell pepper, diced
- 1 green or red chili, slit, seeded, and minced
- 2 garlic cloves, peeled and minced
- 1 tomato, cored and diced
- 1 teaspoon chili powder
- 1 teaspoon cumin seeds, crushed
- ½ teaspoon salt
- 2 cups cooked red or kidney beans (see recipe above)
- 4 to 6 cups water
- Few sprigs of cilantro, minced

Heat oil in heavy bottom sauce pan over medium heat, add meat and brown for 5 minutes. Add onion, bell pepper, green pepper, garlic, stir and cook for 5 minutes. Add tomato, chili powder, cumin, and salt; stir and cook for about 5 minutes.

Add beans and 4 cups water, stir, bring to boil, turn heat low, cover the pan and cook for 30 minutes; stir occasionally. If the soup is too thick, add ¼ cup of water at a time, stir and bring to simmer. Sprinkle with cilantro. For lunch or dinner, serve the bean soup with one or two warmed tortillas.

## **3. Skillet Burritos, Serves 4 to 6**

- 1 tablespoon cooking oil
- 1 cup onions, minced

2 garlic cloves, peeled and minced  
1 green bell pepper, diced  
1 or 2 green or red chilies, split, seeded and minced  
1 to 2 teaspoons chili powder  
1 cup rice  
2 cups cooked red or kidney beans (see recipe above)  
2 cups water  
½ teaspoon salt  
8 to 12 wheat or corn tortillas (2 per person)  
Few sprigs of cilantro, minced

In a heavy bottom pan, heat oil over medium heat, add onion and garlic; stir and cook for 5 minutes.

Add bell pepper, chili peppers, chili powder, rice, cooked beans, water, and salt; stir and bring to a simmer. Turn heat to lowest setting, cover the pan, and cook for 30 minutes. Serve with heated tortillas.

#### **4. Coffee**

One or two cups of black coffee during the day with little bit of sugar.

**Remember... Eat Well and Thrive<sup>SM</sup>.**