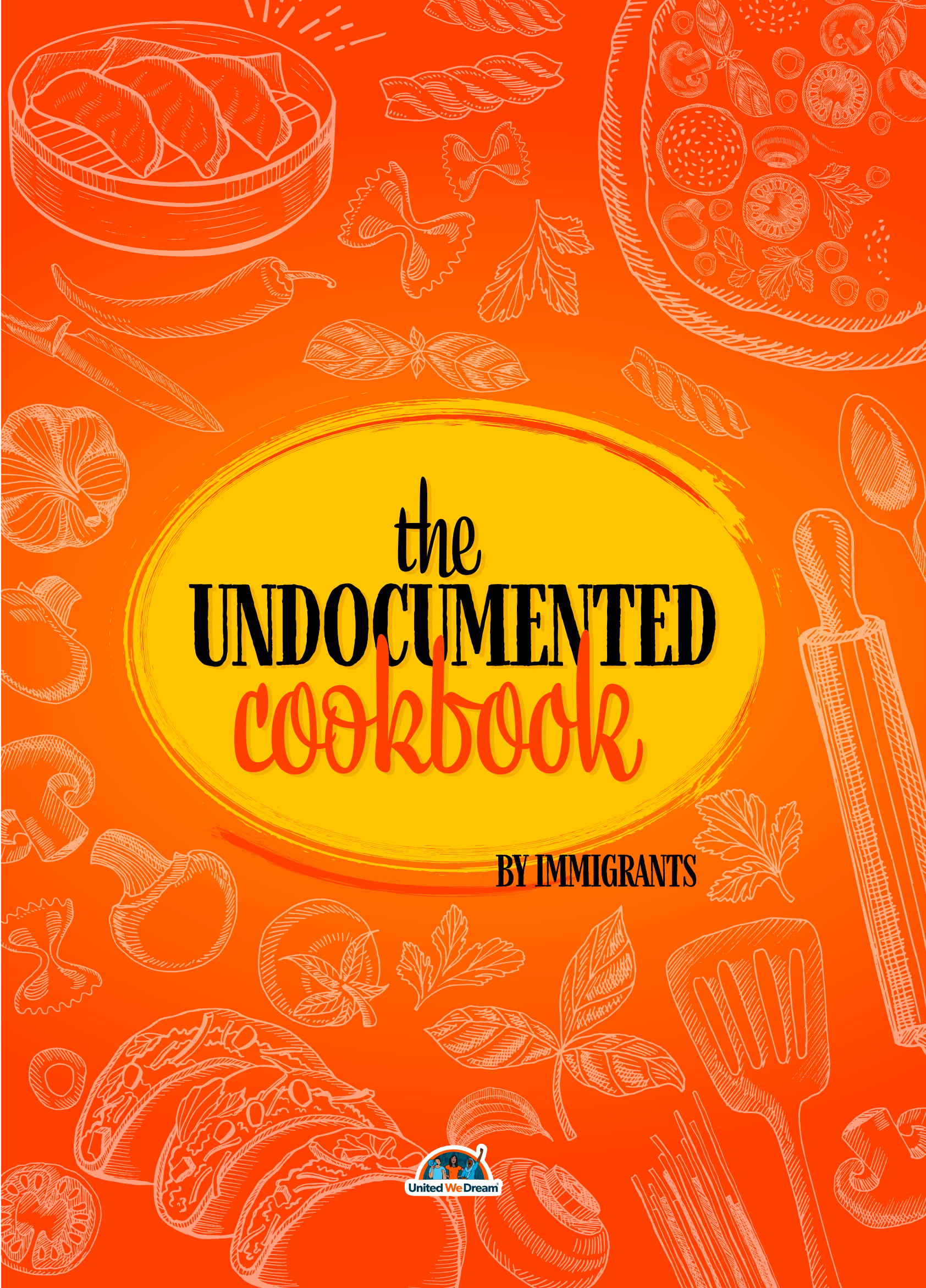


the
UNDOCUMENTED
cookbook
BY IMMIGRANTS

United We Dream is the **largest immigrant youth-led organization in the nation**, a powerful network made up of over 700,000 members, five hubs and over 100 affiliate organizations across 28 states. UWD's vision is to build a multi-racial, multi-ethnic movement of young people who organize and advocate at the local and national levels for the dignity and justice of immigrants and the **liberation of all communities of color**.

You can find more about United We Dream online at www.unitedwedream.org

Made one of the recipes and want to share about it? Follow and tag us on our social media



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Food is love, energy, and a gift.

By the United We Dream Team

Throughout 2020 we have witnessed our communities endure intense racism and loss at the hands of police, within the walls of prisons and concentration camps, and by the federal government's failed response to COVID-19.

But with great courage and unapologetic leadership, Black people, indigenous people, undocumented people, and countless freedom fighters, have reinvigorated communities across the nation to fight back!

Our futures are intertwined and we WIN when we love and defend one another. It's how we won DACA in 2012 and protected DACA recipients at the Supreme Court in 2020. It's how we will win the defunding of police and an investment in policies that advance our collective care.

Love and pride for our people has become more important than ever on our path to healing and transformation. We thank the ten contributors who shared a recipe and their stories for our first ever digital volume of our Undocumented Cookbook.

We hope you, our reader, enjoy each dish and share it with your family and loved ones. We also hope you honor the sacrifices made by all who have helped nourish you by blessing your food.

Our cultures cure. Let's nourish our bodies and replenish our souls so that we may continue our fight for a world in which all people are treated with dignity.

~Thank you~

Honoring
Labor
Clearing
and Blessing
our Food

Much labor and energy goes into producing our food, including exploitation that happens at all levels of our food systems. Below we share a blessing and guidance from Jessica Aranda, a racial justice trainer from New Mexico, and extend our appreciation to the countless Ancestors, Guides, teachers, and communities who have shared their wisdom with her and the United We Dream team.

Jessica says, "The first step to clean and healthful eating is recognizing all of the people whose labor made our meals possible and the flora, fauna and minerals that are feeding us physically and energetically. This is both an acknowledgment of sacrifice and a celebration of love shared."

Bless this food and the hands that have planted its seeds, cultivated it, harvested it, seen it sprout, killed it, prepared it, transported it, washed it, sold it, bought it, cooked it, and brought it to this table.

Thank you to all of the plants, mushrooms, animals and minerals that gave of themselves to create this meal. Please clear it of any heavy energy and help it to nourish my mind, body and soul. May I be at one with the Universe as I enjoy this meal.

Coni

tents

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BENGALI HOME-STYLE Red Lentils

By Debayani

Roots in Bangladesh and India

INGREDIENTS:

1 cup red lentils

**2 tablespoons of
oil (any vegetable
oil works)**

2.5 cups of water

**1.5 teaspoons
of salt**

**1/4 cup chopped
tomatoes**

**1/4 cup chopped
onions**

**Dashes of cumin,
turmeric, garam
masala, red
chilli powder**

**1-2 small green
chillies (optional)**

**Cilantro for
garnish (optional)**

“**HER DISH REMINDS ME
THAT I AM SAFE,
THAT I CAN RECOVER
DURING HARDSHIP...**”





THE RECIPE:

Step 1: In a medium saucepan, combine 1 tablespoon oil, 1 cup lentils, 2.5 cups water and 1 teaspoon of salt; bring it all to a boil.

Step 2: While the lentils are heating, drop in dashes of cumin, turmeric, garam masala and red chili powder. Add as much as you would like, based on your taste preferences. I was raised to believe less is more when it comes to Indian dishes, so I like putting in 1/4 teaspoon of most spices to start, then add more as needed.

Step 3: In a separate skillet, sauté the onions in the remaining tablespoon of oil, adding in the tomatoes after the onions have softened. Add a dash of salt and red chili powder to this sauté, to taste.

Step 4: Once the lentils have come to a complete boil, turn the heat down to very low. Add in the onion and tomato sauté so that this mixture adds flavor, then cover the saucepan.

Step 5: Heat on very low for about 5 minutes: the lentils should have completely dissolved by this point and the sauté will be semi-dissolved into the lentils.

Step 6: Drop in the green chillis at the very end and mix into the lentils. Add the cilantro on top for garnish and you're done!

“ **THESE LENTILS, ALONG WITH MANGO PICKLE AND STEAMED WHITE RICE, ARE MY GO-TO COMFORT MEAL. WHEN WE FIRST WENT INTO SHELTER-IN-PLACE, I WAS STRUGGLING WITH ANXIETY AND DEPRESSION. MAKING THIS MEAL REMINDED ME OF MY GRANDMA’S RESILIENCE IN THE FACE OF LOSING HER COUNTRY OF BIRTH AND HER FAMILY.**

HER DISH REMINDS ME THAT I AM SAFE, THAT I CAN RECOVER DURING HARDSHIP, AND THAT I CAN SUPPORT OTHERS SO THAT WE’RE SAFE TOGETHER. ”




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Photo credit: Vivianne Peckham
ICE out of DC action June 29, 2019



THE Baleadas

By Dariela
Roots in Honduras

INGREDIENTS:

**Flour tortillas
(preferably
burrito size)**

Refried beans

Sour cream

**Cheese
(fresh or
parmesan)**

**Avocado
(optional)**

**Scrambled eggs
(optional)**

**Chorizo or any
other meat
(optional)**

“ I BELIEVE EVERY HONDURAN PERSON
HAS CREATED MEMORIES OVER
SOME TASTY BALEADAS. ”

THE RECIPE:

Step 1: Heat the tortilla on a comal (griddle or hotplate).

Step 2: Spread a thin layer of beans and top with sour cream, cheese, and other optional ingredients.

Step 3: Fold in half and enjoy!



“

THIS IS A QUICK AND EASY MEAL THAT REMINDS ME OF MY CHILDHOOD IN HONDURAS! WHEN I WAS A KID MY MOM USED TO MAKE THE TORTILLAS BY HAND WHILE MY SISTER AND I PUT THE BALEADAS TOGETHER.

DURING MIDDLE SCHOOL, WHENEVER WE HAD HALF DAYS OR FREE PERIODS, MY CLASSMATES AND I USED TO GO TO THE STREET MARKET IN THE NEIGHBORING TOWN TO BUY BALEADAS WITH SOME FRESH SQUEEZED ORANGE JUICE OR A CUP OF COFFEE.

THE TIME FLIES BUT I BELIEVE EVERY HONDURAN PERSON HAS CREATED MEMORIES OVER SOME TASTY BALEADAS.

”

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MENTED
ND
RAID

THE RECIPE:

Step 1: Heat oil in a medium saucepan over medium heat. Add garlic and stir often for 4 minutes or until soft.

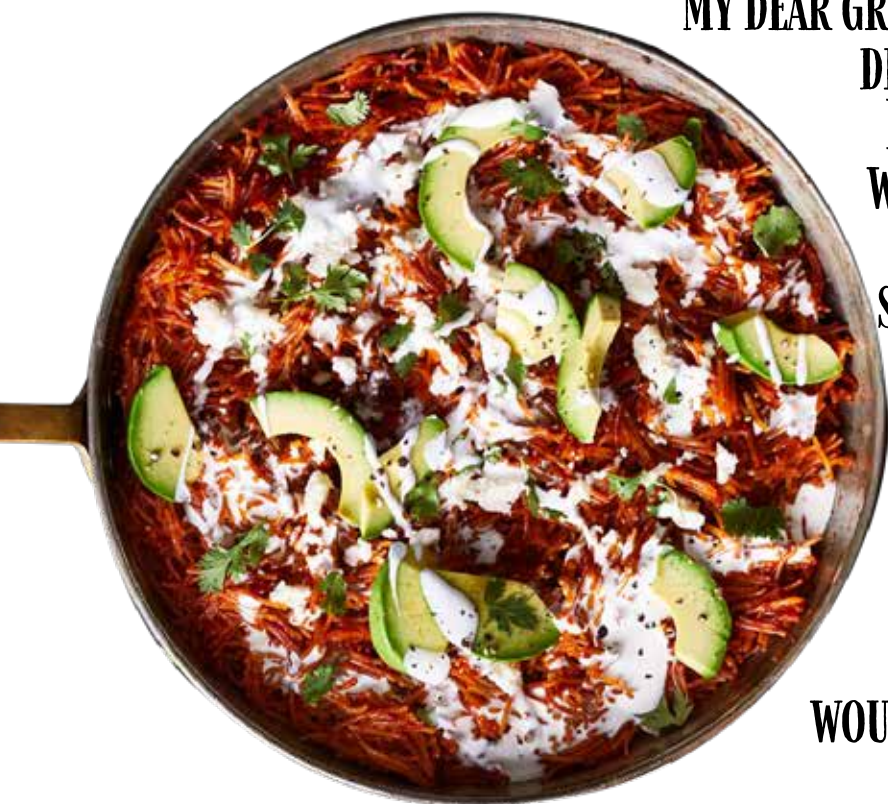
Step 2: Add chorizo and fideo pasta. Stir for 5-6 minutes until pasta is crispy.

Step 3: Add water to cover pasta. Then season with Knorr Bouillon Cube, salt, and pepper. Cover and reduce heat to low.

Step 4: Simmer for about 15 minutes until water is absorbed and pasta is al dente.

Step 5: Remove saucepan from heat and add 1 Tbsp of Mexican sour cream, stirring well.

Step 6: Serve in a bowl and garnish with cubed avocado, red onion, queso fresco, cilantro. Top with a drizzle of Mexican sour cream and chili flakes.



THIS FIDEO SECO RECIPE IS ONE PASSED ON TO ME BY MY DEAR GRANDMOTHER, EMILIA LOPEZ PORTILLO DE TAMAYO, WHO WAS BORN IN BOSTON, MASSACHUSETTS TO MEXICAN PARENTS WHILE HER FATHER ATTENDED HARVARD MEDICAL SCHOOL. AT THE AGE OF 13, SHE MOVED TO MEXICO CITY WITH HER FAMILY FOR THE REST OF HER LIFE.

FIDEO SECO WAS MY GRANDMOTHER'S SIGNATURE DISH AND EVERY TIME WE WOULD VISIT MY GRANDPARENTS IN CHIHUAHUA I WOULD PRAY THAT SHE WOULD MAKE THIS DELICIOUS DISH FOR US ON SUNDAY AFTERNOONS.

I HAVE BEAUTIFUL MEMORIES OF THOSE SUNDAY VISITS AND PLAYING WITH MY PRIMOS IN ABUELA'S PATIO WHILE WAITING FOR DINNER TO BE SERVED.



THE

Fideo Seco

By Elisa
Roots in Mexico



INGREDIENTS:

3 Tbsp of
vegetable oil

Chopped Garlic

1 Knorr Chicken
Flavor Bouillon Cube

2 Tbsp Chorizo

1 lb box cut
spaghetti / fideo pasta

1 Tbsp Mexican
sour cream

Cubed avocado (optional)

Red onion (optional)

Cubed queso
fresco (optional)

Cilantro (optional)

Chili flakes
(optional)





Photo credit: Vivianne Peckham
National Walkout November 12, 2019



KENYAN

Githeri

By Jane
Roots in Kenya

INGREDIENTS:

**3 cloves garlic,
minced**

2 large tomatoes

2 cups of corn

**2 cups of red
kidney beans**

1 Tbsp oil or butter

1 Tbsp curry powder

1 medium onion

Lemon juice

**Salt and pepper,
to taste**

“
...IT'S A MEAL THAT MY FAMILY
ENJOYS AND IT REMINDS
ME OF DAYS SEATED AT
TABLE WITH MY OWN SIBLINGS. ”



THE RECIPE:

Step 1: In a medium size pan, heat oil and sauté onion for 3 minutes until translucent. Add garlic curry powder and sauté for an additional 1 minute.

Step 2: Combine all ingredients (except salt, pepper, and lemon juice) in a slow cooker. Cover and cook on low 5 to 6 hours OR on high 2 to 3 hours until thoroughly cooked. Stir occasionally.

Step 3: Season with salt and pepper to taste. Serve in bowls and add a squeeze of lemon juice.



“

I AM MARRIED WITH THREE DAUGHTERS WHO ARE ALL GROWN AND IN COLLEGE. I LOVE EATING GITHERI BECAUSE IT'S A MEAL THAT MY FAMILY ENJOYS AND IT REMINDS ME OF THOSE DAYS SEATED AROUND A TABLE WITH MY OWN SIBLINGS. I ALSO LOVE THAT GITHERI IS HEALTHY AND CAN BE EATEN AT ANY TIME.

”



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