



High Protein Tsom Recipes

Abenezer Woldehana

<https://www.getfitwithabe.com/>



Ethiopian Misir Wot

2 servings

2 hours 30 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (peeled, grated)
- 1 tbsp Berbere Spice
- 1 cup Dry Red Lentils (soaked at least two hours, drained and rinsed)
- 2 tsps Tomato Paste
- 1 1/3 cups Water
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	437
Fat	6g
Saturated	1g
Carbs	72g
Fiber	16g
Sugar	3g
Protein	26g
Cholesterol	0mg
Sodium	292mg
Vitamin A	127IU
Vitamin C	2mg
Calcium	46mg
Iron	8mg

Directions

- 1 Heat the oil in a large saucepan over medium heat. Add the garlic, ginger, and Berbere spice. Cook for about one minute.
- 2 Stir in the lentils and tomato paste and cook for two to three more minutes. Add the water, salt, and black pepper. Bring to a boil and then lower to a gentle simmer for about 30 minutes, or until the sauce has thickened to your preference.
- 3 Divide into bowls, garnish with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately one cup.

More Flavor: Add cumin, smoked paprika, and spiced butter. Use vegetable broth instead of water.

Additional Toppings: Serve with injera, rice, or collard greens.



Vegan Overnight Vanilla Protein Oats

1 serving

8 hours

Ingredients

- 1/2 cup Oats (quick or traditional)
- 1 tsp Chia Seeds
- 1 cup Unsweetened Almond Milk
- 1 scoop Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	486
Fat	17g
Saturated	1g
Carbs	60g
Fiber	11g
Sugar	23g
Protein	31g
Cholesterol	0mg
Sodium	326mg
Vitamin A	529IU
Vitamin C	12mg
Calcium	763mg
Iron	6mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

Serving Size: One serving is approximately 1 1/2 cups.

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Lentil & Chickpea Pasta Salad

2 servings

15 minutes

Ingredients

113 grams Chickpea Pasta
2 cups Lentils (from the can, drained and rinsed)
2 tbsps Red Onion (finely chopped)
1 Red Bell Pepper (diced)
1/2 Cucumber (diced)
2 cups Baby Kale
2 tbsps Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.

Nutrition

Amount per serving	
Calories	524
Fat	10g
Saturated	0g
Carbs	84g
Fiber	27g
Sugar	15g
Protein	35g
Cholesterol	0mg
Sodium	152mg
Vitamin A	1958IU
Vitamin C	82mg
Calcium	161mg
Iron	13mg



Tofu Scramble with Lentils & Spinach

2 servings

15 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
 2 stalks Green Onion (chopped)
 2 Garlic (clove, minced)
 200 grams Tofu (crumbled)
 2 tbsps Nutritional Yeast
 1 tsp Turmeric
 1 tsp Cumin
 Sea Salt & Black Pepper (to taste)
 1 1/2 cups Lentils (cooked)
 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	352
Fat	11g
Saturated	2g
Carbs	38g
Fiber	16g
Sugar	4g
Protein	30g
Cholesterol	0mg
Sodium	60mg
Vitamin A	3319IU
Vitamin C	13mg
Calcium	369mg
Iron	10mg

Directions

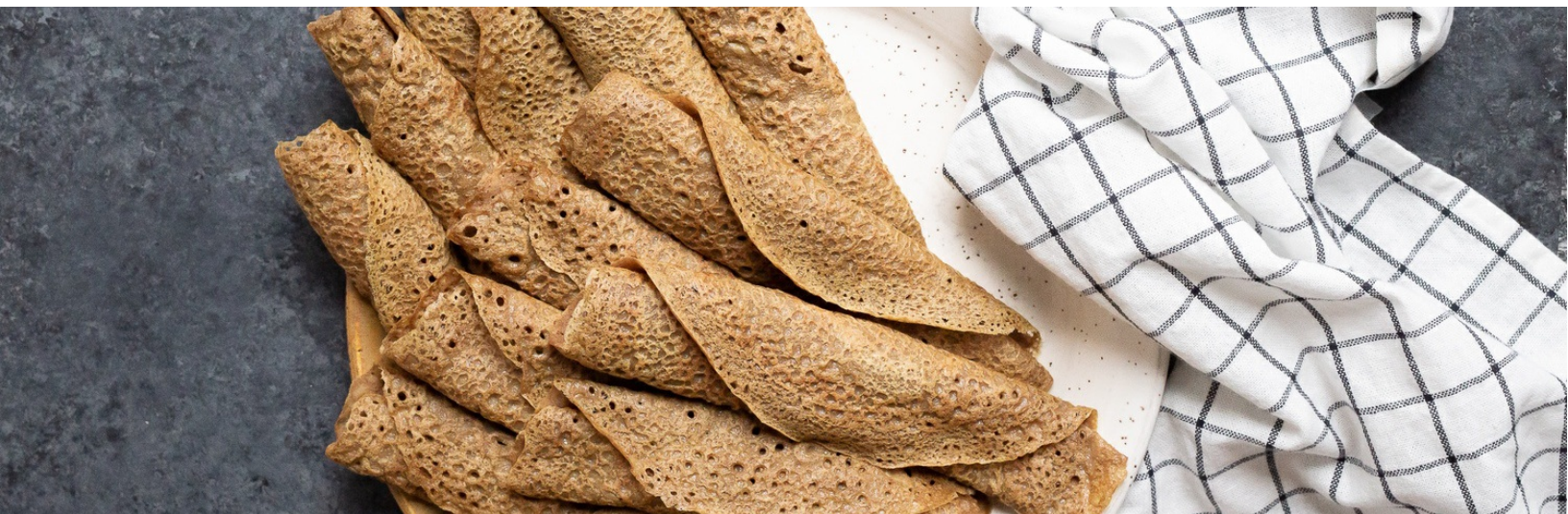
- 1 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 2 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 3 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately to two cups.

More Flavor: Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.



Ethiopian Injera

1 serving
20 minutes

Ingredients

2 tbsps Teff Flour
34 grams Unbleached All Purpose Flour
1/8 tsp Baking Soda
125 milliliters Club Soda

Nutrition

Amount per serving	
Calories	189
Fat	1g
Saturated	0g
Carbs	39g
Fiber	2g
Sugar	1g
Protein	6g
Cholesterol	0mg
Sodium	158mg
Vitamin A	1IU
Vitamin C	0mg
Calcium	37mg
Iron	3mg

Directions

- 1 In a bowl, whisk together the teff flour, all-purpose flour, and baking soda. Stir in the club soda until well combined.
- 2 Heat a large nonstick pan over medium to medium-high heat and brush lightly with the oil. Pour 1/3 cup of the batter into the pan, starting at the outer edges then filling the center. Quickly rotate the pan to fill in any open pockets.
- 3 Cook each injera for about one to two minutes or until the batter is cooked through and the edges begin to curl upwards, about one to two minutes. Transfer to a plate and repeat with the remaining batter and oil. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

Serving Size: One serving equals approximately one 8-inch injera.

Gluten-Free: Use rice flour instead of unbleached all purpose flour.

More Flavor: Add a pinch of salt.

Additional Toppings: Serve with any meat or vegetable stew.



Shiro Wot with Injera

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1/4 tsp Sea Salt (to taste)
- 2 tbsps Berbere Spice
- 1 Tomato (diced)
- 3 Garlic (cloves, minced)
- 1 cup Chickpea Flour (Shiro)
- 2 1/2 cups Water

Nutrition

Amount per serving	
Calories	291
Fat	10g
Saturated	1g
Carbs	38g
Fiber	10g
Sugar	10g
Protein	12g
Cholesterol	0mg
Sodium	927mg
Vitamin A	850IU
Vitamin C	10mg
Calcium	82mg
Iron	5mg

Directions

- 1 Heat the oil in a pot over medium heat. Cook the onions with salt until translucent and slightly browned, about five minutes.
- 2 Add the berbere spice and cook until fragrant, about one minute. Add the tomatoes and garlic. Cook until softened, about two minutes.
- 3 Whisk in the chickpea flour and water. Puree the mixture with an immersion handheld blender until smooth, or your desired consistency is reached.
- 4 Season with more salt, if needed. Let it simmer for ten more minutes, then serve. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add niter kibbeh, sugar, or jalapeno.

Additional Toppings: Serve it with injera or rice.

No Ghee: Use niter kibbeh or butter.



Air Fryer Crispy Chickpeas/Shinibira

2 servings

20 minutes

Ingredients

2 cups Chickpeas (drained, rinsed)
5 grams Avocado Oil Spray
1/2 tsp Smoked Paprika
1/4 tsp Sea Salt
1/4 tsp Garlic Powder

Nutrition

Amount per serving	
Calories	272
Fat	4g
Saturated	0g
Carbs	46g
Fiber	13g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	307mg
Vitamin A	327IU
Vitamin C	2mg
Calcium	82mg
Iron	5mg

Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 In a bowl, mix together the chickpeas, spray oil, smoked paprika, salt, and garlic powder.
- 3 Transfer the chickpeas to the air fryer and bake for 12 to 14 minutes, shaking the tray halfway through, until crispy and browned. Enjoy!

Notes

Leftovers: Store in an airtight container for up to two days.

Serving Size: One serving is approximately 1/2 cup.

More Flavor: Add nutritional yeast and/or cayenne.



Mexican Black Bean Vegan Wrap

1 serving

10 minutes

Ingredients

- 3/4 tsp Taco Seasoning
- 1 1/2 tsps Lime Juice
- 1 tbsp Cilantro
- 1 cup Black Beans (cooked and rinsed)
- 1 stalk Green Onion (chopped)
- 1/4 cup Cherry Tomatoes (chopped)
- 2 leaves Romaine
- 1 Whole Wheat Pita

Nutrition

Amount per serving	
Calories	428
Fat	2g
Saturated	0g
Carbs	84g
Fiber	21g
Sugar	5g
Protein	23g
Cholesterol	0mg
Sodium	471mg
Vitamin A	5757IU
Vitamin C	16mg
Calcium	96mg
Iron	7mg

Directions

- 1 In a mixing bowl combine the greek yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
- 2 Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble just before serving.

Serving Size: One wrap is one serving.

Gluten-Free: Use a gluten-free pita, tortillas, gluten-free bread, or lettuce wraps instead.

More Flavor: Add fresh garlic, red pepper flakes, or hot sauce.

Additional Toppings: Salsa, avocado, cheese, or jalapenos.

No Coconut Yogurt: Use plain yogurt or Greek yogurt instead.



Curried Potato & Pea Stew

2 servings

1 hour

Ingredients

- 6 cups Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 3 Garlic (cloves, minced)
- 1 cup Dried Green Peas
- 2 cups Mini Potatoes (chopped)
- 1 tsp Madras Curry Powder
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	534
Fat	4g
Saturated	1g
Carbs	99g
Fiber	26g
Sugar	10g
Protein	28g
Cholesterol	0mg
Sodium	2020mg
Vitamin A	1796IU
Vitamin C	40mg
Calcium	104mg
Iron	6mg

Directions

- 1 Add a splash of the vegetable broth to a large pot over medium heat. Add the onion, stir, and cook for a couple of minutes. Then add the garlic and cook for another couple of minutes.
- 2 Add the dried green peas and remaining broth. Bring to a rolling boil for 10 minutes, then reduce the heat to low, cover with a lid, and simmer for 15 minutes.
- 3 Add the potatoes, curry powder, salt, and pepper. Continue to simmer for another 20 minutes, or until it has thickened and most of the liquid has reduced.
- 4 Divide evenly between bowls. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two cups.

Additional Toppings: Microgreens and/or hemp seeds.

No Dried Green Peas: Use split green or yellow peas instead and reduce cooking time.

Potatoes measurment: Keep in mind that 1 cup is equivalent to 1.25 mini potatoes. Hence, 3 cups would be 5 mini potatoes.



Tofu with Green Lentils with Jasmine Rice

2 servings

50 minutes

Ingredients

1/2 cup Jasmine Rice (uncooked)
 1/2 cup Dry Green Lentils (rinsed)
 1 3/4 cups Vegetable Broth (plus more as needed)
 1 tsp Herbes De Provence
 1 tbsp Extra Virgin Olive Oil (divided)
 1/2 Yellow Onion (large, sliced)
 227 grams Tofu (cut into cubes)
 1 1/2 tsps Tamari

Nutrition

Amount per serving	
Calories	507
Fat	13g
Saturated	2g
Carbs	75g
Fiber	8g
Sugar	5g
Protein	27g
Cholesterol	0mg
Sodium	832mg
Vitamin A	479IU
Vitamin C	3mg
Calcium	354mg
Iron	7mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Place the lentils in a large pot and cover completely with the broth. Add more broth as needed. Add the Herbes de Provence and cook over low heat for 35 to 40 minutes or until tender.
- 3 Meanwhile, add half of the oil to a pan over medium heat. Add the onion and sauté for six to eight minutes or until softened and starting to brown. Set aside.
- 4 Add the remaining oil to the pan and cook the tofu over medium-high heat for two to three minutes or until browned. Add the tamari and scrape the bottom with a spatula.
- 5 Once the lentils are cooked, stir in the onions. Divide the lentils onto plates and arrange the tofu on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup tofu and one cup of lentils.

More Flavor: Add baby spinach, kale and/or bell peppers to the lentils. Add sea salt as needed.

Additional Toppings: Cilantro.



Roasted Edamame

2 servings

45 minutes

Ingredients

2 cups Frozen Edamame
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	247
Fat	15g
Saturated	2g
Carbs	14g
Fiber	8g
Sugar	3g
Protein	18g
Cholesterol	0mg
Sodium	304mg
Vitamin A	462IU
Vitamin C	9mg
Calcium	98mg
Iron	4mg

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 3 Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time: Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.



Vegan Mixed Berries Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Berries (Mixed Berries)
- 1 Banana
- 1/2 cup Water
- 1 tbsp Chia Seeds
- 1 scoop Protein Powder

Nutrition

Amount per serving	
Calories	394
Fat	7g
Saturated	0g
Carbs	57g
Fiber	12g
Sugar	32g
Protein	31g
Cholesterol	10mg
Sodium	404mg
Vitamin A	575IU
Vitamin C	57mg
Calcium	712mg
Iron	3mg

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Vegan Banana Oat Protein Pancakes

1 serving
15 minutes

Ingredients

- 1/2 cup Oat Flour
- 1 scoop Vanilla Protein Powder
- 1/2 tsp Baking Powder
- 1 1/2 tsps Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 3/4 cup Unsweetened Almond Milk
- 3 grams Avocado Oil Spray
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	570
Fat	10g
Saturated	1g
Carbs	88g
Fiber	11g
Sugar	30g
Protein	33g
Cholesterol	0mg
Sodium	953mg
Vitamin A	450IU
Vitamin C	10mg
Calcium	565mg
Iron	7mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Peanut Butter Chocolate Protein Balls

2 servings

15 minutes

Ingredients

- 2 tbsps Raw Peanuts
- 1/4 cup Oats (rolled)
- 1/4 cup Pitted Dates
- 2 tbsps All Natural Peanut Butter
- 1/16 tsp Sea Salt
- 1 scoop Chocolate Protein Powder
- 2 2/3 tbsps Water

Nutrition

Amount per serving	
Calories	298
Fat	14g
Saturated	2g
Carbs	28g
Fiber	4g
Sugar	15g
Protein	20g
Cholesterol	5mg
Sodium	200mg
Vitamin A	2IU
Vitamin C	4mg
Calcium	106mg
Iron	1mg

Directions

- 1 Add the peanuts and oats to a food processor and pulse until you get a coarse crumble.
- 2 Add the dates, peanut butter, salt, and protein powder and pulse again until the mixture starts to come together.
- 3 Add the water one tablespoon at a time and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
- 4 Use a one-inch cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used all of the batter. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving is approximately four energy balls.

More Flavor: Add mini chocolate chips, cacao nibs, and/or cacao powder as an outer coating.



Edamame with Everything Bagel Seasoning

1 serving

10 minutes

Ingredients

- 2 cups Edamame Pods
- 1/2 tsp Avocado Oil
- 1 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	278
Fat	13g
Saturated	0g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g
Cholesterol	0mg
Sodium	214mg
Vitamin A	0IU
Vitamin C	23mg
Calcium	142mg
Iron	5mg

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add finishing salt to taste.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.