



Simple Ethiopian Weight Loss Recipe Book

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Selam,

Welcome to your personal Ethiopian recipe collection! Here you will find a collection of delicious recipes I have put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods so you can lose weight and get healthier.

How to Use

Get started by adding a couple of new recipes from this collection into your regular meal rotation.

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what to expect.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Disclaimer

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

Enjoy,
Coach Abe





Ethiopian Awaze Tibs with Injera

2 servings

30 minutes

Ingredients

300 grams Ribeye Steak, Boneless (cut into 1-inch cubes)
 1 Yellow Onion (peeled and finely chopped)
 1 Red Bell Pepper (chopped)
 3 Garlic (cloves, minced)
 1 tsp Ground Ginger
 1 tbsp Berbere Spice
 1/2 tsp Cardamom (ground)
 1 tsp Rosemary
 1 Jalapeno Pepper (sliced)
 1 tbsp Ghee (Nitir kibbeh)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	395
Fat	23g
Saturated	11g
Carbs	16g
Fiber	5g
Sugar	7g
Protein	31g
Cholesterol	111mg
Sodium	458mg
Vitamin A	1960IU
Vitamin C	86mg
Calcium	46mg
Iron	7mg

Directions

- 1 Get a saute pan very hot. Stir-fry the onions without kibbeh for a few minutes, until they char just a little on the outside.
- 2 Add kibbeh and steak. Stir-fry hot and fast until the outside of the meat is brown but the inside of the meat is still very rare.
- 3 Once meat has browned add garlic, berbere, cardamom, salt, pepper, bell pepper and ginger powder. Stir-fry another 30 seconds or so, then add jalapenos and rosemary. Toss to combine and cook for 1-2 minutes.
- 4 Serve tibs with injera on the side. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Injera: Replace with rice



Ethiopian Asa Wot with Injera and Ayib

2 servings

45 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 3 Tilapia Fillet
- 1 tbsp Ginger (peeled and grated)
- 3 Garlic (cloves, minced)
- 2 Tomato (peeled and chooped)
- 1 Red Onion (peeled and finely chooped)
- 1 Green Bell Pepper (chopped)
- 2 tbsps Berbere Spice
- Sea Salt & Black Pepper (to taste)
- 1 Lime (sliced)
- 1/4 cup Cottage Cheese (Ayib)
- 1 tbsp Ghee (Nitir Kibbeh)

Nutrition

Amount per serving	
Calories	389
Fat	17g
Saturated	6g
Carbs	19g
Fiber	6g
Sugar	5g
Protein	41g
Cholesterol	106mg
Sodium	828mg
Vitamin A	1929IU
Vitamin C	77mg
Calcium	73mg
Iron	2mg

Directions

- 1 In a pot, boil the tomatoes until the skin becomes loose. Meanwhile slice the tilapia fillets in big chunks and put it in a bowl.
- 2 Add some of the grated ginger, lime, salt and black pepper to the bowl. Mix well and let fish marinate in the fridge for at least 15 minutes or for up to one hour.
- 3 Heat oil in another sauce pan. Once warm add onions, cook on medium to low heat for around 10 mins.
- 4 Add garlic and remaining ginger. Take out the boiled tomatoes, remove skin and chop them finely. Once the onions have reduced down and soften, add the tomatoes and cook for 5 mins.
- 5 Add berbere and cook for 20 mins stirring and adding a splash of hot water to prevent from burning.
- 6 Add fish, green bell pepper and kibbeh to the sauce, simmer until the fish is cooked for 10 mins.
- 7 Serve with injera, ayib and a slice of lime for extra acidity, enjoy!

Notes

Extra Flavour: Serve with lemon, lime or orange wedges.

Likes it Spicy: Add cayenne pepper to the marinade to taste.

No Tilapia: Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughy. Cooking times may vary depending on the thickness of the fillet.

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.



Ethiopian Misir Wot

2 servings

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.



Ethiopian Chechebsa with Yogurt and Enkulale

2 servings

20 minutes

Ingredients

- 1 cup Teff Flour
- 2 cups Water
- 1 tsp Baking Powder
- 1/2 tsp Sea Salt (To taste)
- 2 tbsps Ghee (Nitir Kibbeh)
- 1 tsp Berbere Spice
- 6 grams Avocado Oil Spray
- 1 cup Plain Greek Yogurt
- 1 cup Egg Whites

Nutrition

Amount per serving	
Calories	527
Fat	17g
Saturated	10g
Carbs	62g
Fiber	5g
Sugar	6g
Protein	32g
Cholesterol	47mg
Sodium	1275mg
Vitamin A	625IU
Vitamin C	7mg
Calcium	543mg
Iron	5mg

Directions

- 1 In a large bowl, combine the teff flour, baking powder, water and salt. Blend it with hand, gradually adding water, kneading it well until the dough is smooth and elastic.
- 2 Heat a non-stick pan over medium heat. Spray some avocado oil. Once hot, place the dough on the pan, make it flat to cover the pan and using fork, make some small holes.
- 3 Cook on a lower heat until golden and crusty on one side. Flip and cook for the other side until browned. Continue with the remaining batter, using more spray oil in between batches.
- 4 In a small bowl, microwave kibbeh. Mix melted kibbeh with berbere.
- 5 Remove the kita from the heat, cut into small pieces and mix well with the melted spiced kibbeh.
- 6 Serve it hot with greek yogurt and scrambled egg whites on the side, enjoy!

Notes

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

Vegan: Replace kibbeh with olive oil, eggs with tofu and greek yogurt with soy yogurt.



Ethiopian Pasta Besiga

2 servings

30 minutes

Ingredients

100 grams Whole Wheat Spaghetti (dry, uncooked)
 250 grams Extra Lean Ground Beef
 1 cup Diced Tomatoes
 1 Red Onion (Peeled and finely chopped)
 3 Garlic (cloves, minced)
 1 tbsp Ginger (minced)
 3 cups Baby Spinach
 1 tbsp Berbere Spice
 6 grams Avocado Oil Spray
 10 Mushrooms (Washed and cut into cubes)

Nutrition

Amount per serving	
Calories	495
Fat	14g
Saturated	5g
Carbs	54g
Fiber	11g
Sugar	9g
Protein	38g
Cholesterol	81mg
Sodium	435mg
Vitamin A	4737IU
Vitamin C	31mg
Calcium	115mg
Iron	7mg

Directions

- 1 Cook the pasta according to the instructions on the package.
- 2 While the pasta cooks, heat a large skillet over medium heat. Spray avocado oil on it, add diced onions and saute.
- 3 Once the onion turns brown, add berbere, tomatoes, mushrooms, garlic, and ginger and mix well. Cook on low heat for 10 minutes.
- 4 Add the beef to the pan and saute, breaking it up as it cooks. Once it is completely cooked through, add salt topped with spinach and mix well.
- 5 Serve cooked pasta topped with meat sauce. Enjoy!

Notes

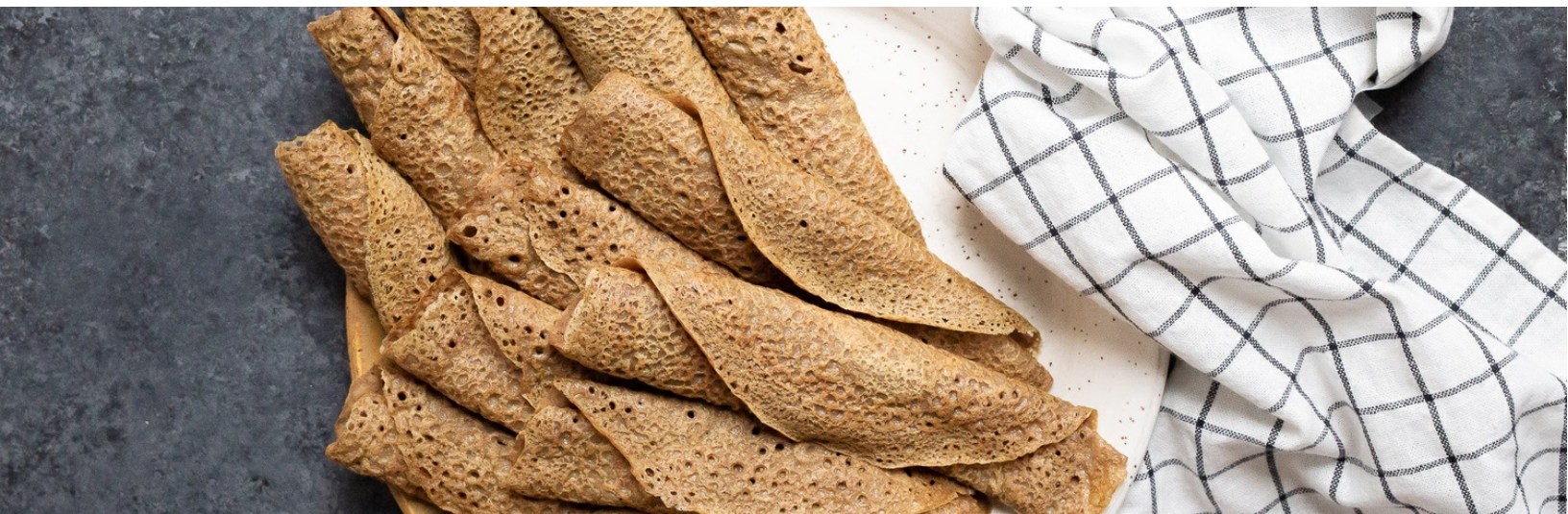
No Ground Beef: Use any type of ground meat instead.

Leftovers: Keeps well in the fridge for 3 to 4 days. Freeze up to two months.

Vegan & Vegetarian: Use cooked lentils instead of ground meat.

Gluten-Free: Use a gluten-free pasta like chickpea, quinoa or rice.

More Veggies: Cook chopped vegetables into the sauce such as diced zucchini, eggplant, carrots or basil.



Ethiopian Injera

2 servings

20 minutes

Ingredients

1/4 cup Teff Flour
68 grams Unbleached All Purpose Flour
1/4 tsp Baking Soda
250 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.



Tofu Scramble, Lentils & Spinach with Injera

2 servings

15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	430
Fat	12g
Saturated	2g
Carbs	49g
Fiber	20g
Sugar	5g
Protein	37g
Cholesterol	0mg
Sodium	62mg
Vitamin A	3323IU
Vitamin C	14mg
Calcium	449mg
Iron	13mg

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 two cups.

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



Mixed Berries Beso Protein Smoothie_Cutting

1 serving

5 minutes

Ingredients

- 1 cup Frozen Berries
- 1 Banana (medium)
- 1 scoop Protein Powder
- 1/4 cup Barley Flour (Ethiopian Beso)
- 1 tbsp Ground Flax Seed
- 1 cup Unsweetened Almond Milk
- 1 cup Water

Directions

1

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

Nutrition

Amount per serving	
Calories	488
Fat	6g
Saturated	0g
Carbs	79g
Fiber	15g
Sugar	29g
Protein	32g
Cholesterol	5mg
Sodium	215mg
Vitamin A	575IU
Vitamin C	50mg
Calcium	671mg
Iron	4mg



Cinnamon & Banana Protein Oatmeal

1 serving

15 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 1 scoop Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/4 tsp Cinnamon
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	455
Fat	10g
Saturated	1g
Carbs	63g
Fiber	13g
Sugar	15g
Protein	34g
Cholesterol	5mg
Sodium	215mg
Vitamin A	577IU
Vitamin C	10mg
Calcium	707mg
Iron	4mg

Directions

- 1 In a small saucepan, bring the soy milk to a boil. Add the oats and reduce the heat to a steady simmer. Cook, stirring occasionally for about six to eight minutes or until the oats are tender and most of the soy milk is absorbed.
- 2 Stir in the protein powder, hemp seeds, and cinnamon. Add a splash of water or more milk if needed for desired consistency.
- 3 Transfer the cooked oats to a bowl and top with sliced banana. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/4 cups.

No Soy Milk: Use other milk alternative.



Peanut Butter Chocolate Protein Balls

4 servings

15 minutes

Ingredients

- 1/4 cup Raw Peanuts
- 1/2 cup Oats (rolled)
- 1/2 cup Pitted Dates
- 1/4 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 2 scoops Chocolate Protein Powder
- 1/3 cup 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.



Ethiopian Genfo

1 serving

20 minutes

Ingredients

1/2 cup All Purpose Gluten-Free Flour
2 cups Water
1 tbsp Ghee (Niter Kibbeh)
1 tsp Berbere Spice
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	395
Fat	12g
Saturated	8g
Carbs	65g
Fiber	13g
Sugar	0g
Protein	4g
Cholesterol	30mg
Sodium	274mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	71mg
Iron	1mg

Directions

- 1 Boil half of the water in a pot and add a pinch of salt.
- 2 Mix the remaining water with flour in a mixing bowl. Ensure a smooth consistency without lumps.
- 3 Reduce heat to medium-low and slowly stir in flour mix into boiling water. Stir continuously to prevent sticking and ensure even cooking. The mixture will gradually thicken and become goey.
- 4 Add a small amount of water to the side of the pot to prevent sticking and burning. Close the lid and let it cook for another 3-5 minutes.
- 5 Once all the water has been absorbed, stir vigorously again and remove genfo from the heat.
- 6 Scoop the hot genfo into a serving bowl. Swerve bowl side to side to allow the genfo to form into a round ball. Make a well at the center of the genfo with the back of a spoon.
- 7 Add kibbeh into the well, then mix in berbere well while the genfo is still hot. Serve the genfo immediately and enjoy!

Notes

Vegan: Replace niter kibbeh with olive oil.



Shiro Wot and Tuna 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)
- 1/2 cup Chickpea Flour (Shiro)
- 2 1/2 cups Water
- 1 can Tuna (drained)

Nutrition

Amount per serving	
Calories	273
Fat	9g
Saturated	1g
Carbs	25g
Fiber	8g
Sugar	7g
Protein	23g
Cholesterol	30mg
Sodium	1116mg
Vitamin A	887IU
Vitamin C	10mg
Calcium	85mg
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. Add the tuna and 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.



Ethiopian Bulla

1 serving

15 minutes

Ingredients

- 1 cup Cow's Milk, Reduced Fat
- 1 tbsp Ghee (Niter Kibbeh)
- 1 tsp Berbere Spice
- 1/2 cup Bulla Powder
- 1 cup Water
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	437
Fat	18g
Saturated	11g
Carbs	55g
Fiber	7g
Sugar	12g
Protein	16g
Cholesterol	50mg
Sodium	379mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	317mg
Iron	2mg

Directions

- 1 Mix the milk and bulla in a mixing bowl. Ensure a smooth consistency without lumps.
- 2 Boil water in a pot and add a pinch of salt.
- 3 Transfer the bulla mixture to the pot and start simmering on medium-low heat. Stir continuously to prevent sticking and ensure even cooking. The mixture will gradually thicken and become gooey.
- 4 After about 2-3 minutes of cooking, add the kibbeh and mitmita. Turn off the stove and mix everything well to ensure the flavors are evenly distributed.
- 5 Serve bulla hot, ideally accompanied by tea for a full experience.

Notes

Vegan: Replace cow's milk with soy milk and niter kibbeh with olive oil.



Shimibra

2 servings

20 minutes

Ingredients

2 cups Chickpeas (drained, rinsed)

1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	269
Fat	4g
Saturated	0g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	306mg
Vitamin A	44IU
Vitamin C	2mg
Calcium	80mg
Iron	5mg

Directions

- 1 Heat pan on medium high heat.
- 2 In a bowl, mix together the chickpeas and salt
- 3 Transfer the chickpeas to the pan and roast for 10 to 12 minutes, shaking the pan 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.



Ethiopian Awaze Tibs with Rice

2 servings

30 minutes

Ingredients

300 grams Ribeye Steak, Boneless (cut into 1-inch cubes)
 1 Yellow Onion (peeled and finely chopped)
 1 Red Bell Pepper (chopped)
 3 Garlic (cloves, minced)
 1 tsp Ground Ginger
 1 tbsp Berbere Spice
 1/2 tsp Cardamom (ground)
 1 tsp Rosemary
 1 Jalapeno Pepper (sliced)
 1 tbsp Ghee (Nitir kibbeh)
 3/4 cup Jasmine Rice
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	635
Fat	23g
Saturated	11g
Carbs	73g
Fiber	6g
Sugar	7g
Protein	35g
Cholesterol	111mg
Sodium	458mg
Vitamin A	1960IU
Vitamin C	86mg
Calcium	46mg
Iron	7mg

Directions

- 1 Cook rice according to directions on the package.
- 2 Get a saute pan very hot. Stir-fry the onions without kibbeh for a few minutes, until they char just a little on the outside.
- 3 Add kibbeh and steak. Stir-fry hot and fast until the outside of the meat is brown but the inside of the meat is still very rare.
- 4 Once meat has browned add garlic, berbere, cardamom, salt, pepper, bell pepper and ginger powder. Stir-fry another 30 seconds or so, then add jalapenos and rosemary. Toss to combine and cook for 1-2 minutes.
- 5 Serve tibs with rice on the side. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Rice: Replace with injera