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Ad-Duha Institute

Storytime Series | Book 7

Meatloaf Monday

Dear little reader,

In this book, you will meet a young boy named Mansoor who learns all about Muslim manners when eating.

As Rasulullahﷺ taught us in this hadith*,

“...mention the name of Allah (say Bismillah) and eat with your right hand and eat from the dish what is nearer to you.”

(Sahih Al-Bukhari & Sahih Muslim)**

**Rasulullahﷺ: This is a respectful title meaning ‘The Messenger of Allah (God), may peace be upon him’ that is used to refer to Muhammed, the last prophet of Islaam. A hadith is a saying or story from Rasulullahﷺ that teaches an important lesson.*

*** Sahih Al-Bukhari and Sahih Muslim are the two most authentic and widely accepted written collections of hadith in Islaam.*



One warm summer evening, Mansoor and his parents gathered in the kitchen to make dinner together.

“Hmmm,” said Mama thoughtfully, as she checked the weekly plan posted on the refrigerator, “Let’s see what we are making tonight.”

Mansoor asked excitedly, “Is it Taco Tuesday, Fried Rice Friday, or Samosa Sunday?”

“Actually, it’s your favorite dinner, Meatloaf Monday!” she said with a big smile.

Mansoor started jumping up and down and clapping.

“Alright, so let’s get started,” said Baba, “I’ll make the meatloaf, Mama can make the mashed potatoes, and you, Mansoor, can help me with the salad.”



Baba pulled out onions and spices, Mama got out a big pot for the potatoes, and Mansoor went to the refrigerator to get the vegetables.

“Are we having dessert?” Mansoor asked hopefully.

Mama said, “How about Acini Di Pepe Salad?”

“Acini Di what, what?” asked Mansoor, “Baba and I are already making a salad, why would we need another one for dessert?”

Mama laughed and said, “It’s not a vegetable salad, it’s a mixed fruit pudding. It has another name you might like better, Frog Eye Salad!”

Mansoor thought for a minute and said, “Mama, I don’t think frog eyes and fruit will taste good no matter how much pudding you put with it.”

“You’re probably right about that,” said Baba with a chuckle.



“Nobody is eating any frog eyes!” said Mama, as she started getting out all the ingredients. “That’s just what the pudding is called because of the small round noodles in it. Don’t worry, you’ll like it, Insha-Allah¹.”

Mansoor wasn’t so sure, but he helped cut a banana and some strawberries anyway.

Meanwhile, Mama cooked the noodles, prepared the pudding, and got the rest of the fruits ready. Mansoor watched her closely the whole time to make sure she didn’t slip any eyeballs (of any kind) into the bowl when he wasn’t looking.

When everything was finished, they mixed the pudding, noodles, and fruit all together and added lots of Halal² mini marshmallows (his favorite part). Then they put it in the fridge to chill for later.

¹ Arabic phrase meaning, “*If Allah (God) wills,*” said to express the hope that Allah will help, protect, and bless us to be able to do whatever we plan to do (if it is best).

² Halal is a term meaning that a food meets the requirements of Islaamic dietary law and does not have anything in it that a Muslim is forbidden to eat (i.e., pork products and/or alcohol).



Baba checked his meatloaf in the oven, it was coming along nicely, and Mama took the pot of potatoes off the stove.

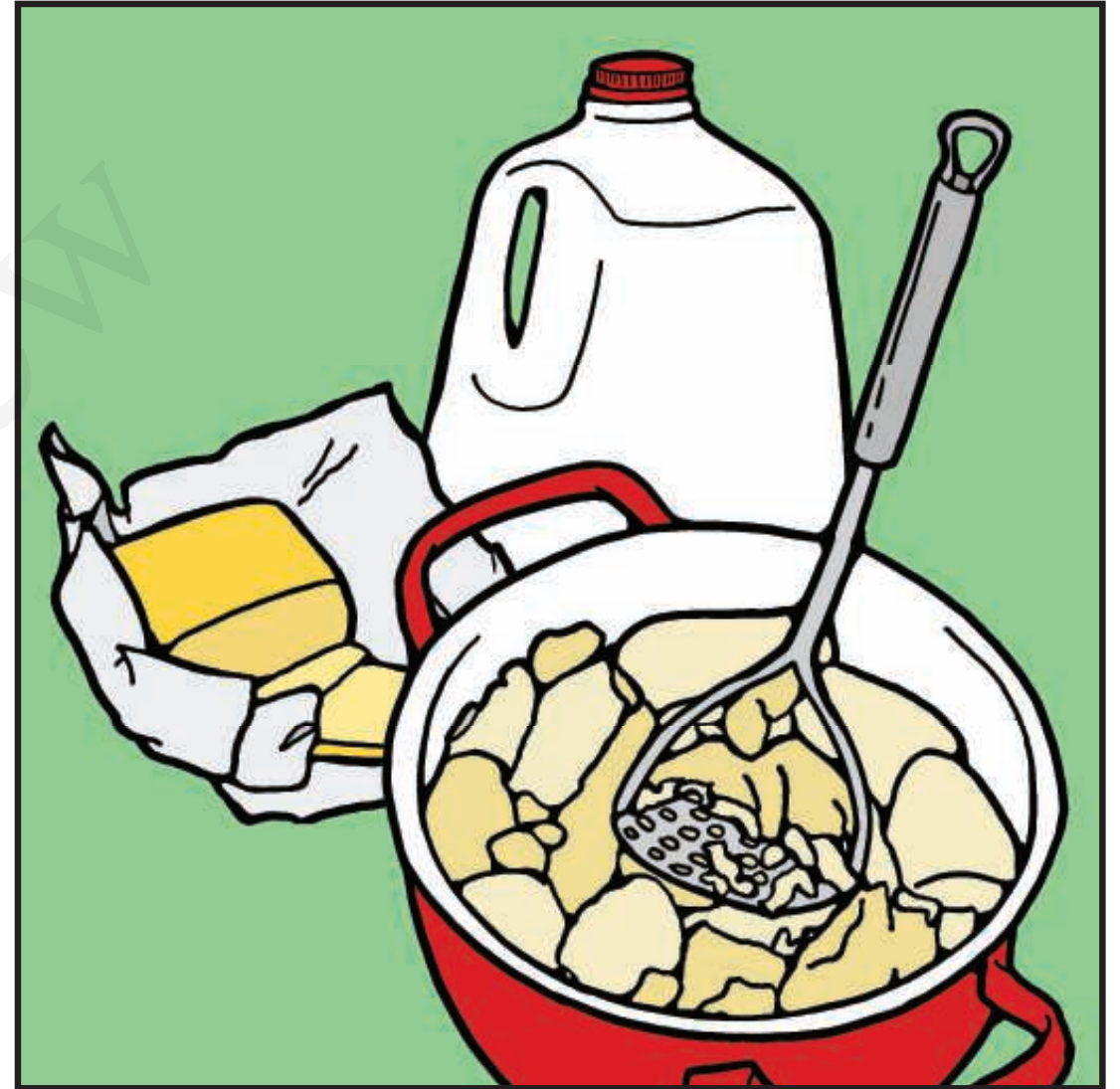
Mama asked Mansoor, “Do you think you are strong enough to help me mash these potatoes?”

Mansoor said, “Yes! I can do it, I can do it!”

Mama handed him the masher and helped him get started. Then she carefully added warm milk, salt, and plenty of creamy butter to the bowl. Mansoor’s tummy rumbled. The yummy smell was making him hungry.

In no time, the mashed potatoes were done to perfection; fluffy, buttery, and delicious. (Mansoor knew because he snuck a little taste off the masher before he put it into the sink.)

Just then, Baba pulled the meatloaf out of the oven and said, “Everything is piping hot and ready to be served. Let’s go set the table.”



Baba's Monday Meatloaf

Servings: 8

Ingredients

1 ½ pounds ground beef
1 egg, beaten
1 onion, chopped
1 cup milk
1 cup breadcrumbs
2 tbsp tomato paste
1 tbsp dried cilantro
1 tsp cayenne pepper
1 tsp pepper
Salt (to taste)

Sauce (optional)

2 tbsp brown sugar
2 tbsp prepared mustard
½ cup ketchup



Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine beef, egg, onion, milk, breadcrumbs, tomato paste, and spices.
3. Place the mixture in a lightly greased 5x9 inch loaf pan, or form into a loaf and place in a lightly greased 9x13 inch baking dish.
4. In a separate small bowl, combine the brown sugar, mustard, and ketchup. Mix well and pour ½ the sauce over the meatloaf.
5. Bake for 1 hour (until juices run clear).
6. Brush the remaining sauce over the meatloaf and broil until browned (3-4 minutes).