

# African Lentil Stew



8-12 Servings

## Ingredients

¼ cup cooking oil  
1 diced onion  
2 tsp minced fresh garlic  
1 ½ tbsp berbere spice\*  
½ tbsp fresh ginger  
1 tsp cumin  
1 tsp paprika  
1 cup dried split red lentils  
1 can crushed tomatoes (398ml)  
1 cup vegetable broth  
salt and pepper to taste

## Directions

1. Add oil to large saucepan and heat up. Add onions, berbere spice, garlic, ginger, cumin, and paprika. Stir occasionally for about 2-3 minutes until onions are translucent.
2. Add tomato sauce and stir for 3-4 minutes.
3. Rinse lentils well. Add lentils and stir mixture.
4. Add vegetable broth and stir mixture.
5. Bring to a boil and simmer until sauce thickens, approximately 30 minutes.
6. Add salt and pepper to taste.
7. Serve warm with injera, naan bread or with rice.

## Recipe Substitutions

\*Berbere spice substitutions:

- 1) 1 ½ tbsp garam masala  
**OR**
- 2) Mix the following spices in a separate bowl and then measure 1 ½ tbsp into stew recipe. Store extra spice mix in sealed container for future use.
  - 5 tbsp paprika
  - 1 tsp ground white pepper
  - ½ tsp cinnamon
  - ½ tsp nutmeg
  - 1 tsp cardamom
  - 2-4 tsp cayenne pepper (depending on spice preference)

Substitute dried spices for fresh

- ¼ tsp dried ginger = ½ tbsp fresh ginger
- ½ tsp dried garlic = 2 tsp fresh minced garlic

Thank you to the Eritrean Community summer learning program for this recipe!