

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) 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!**