

# Ethiopian Lentil Stew (Misr Wot)

Serves 4-6

Recipe from [Oaktown Spice Shop](#)

Common allergens: milk (can be omitted)



VEGETARIAN



GLUTEN FREE



## Ingredients

- 1 cup red lentils, rinsed and drained
- ¼ cup niter kibbeh, ghee, unsalted butter, or oil
- 1 yellow onion, finely chopped
- 4 cloves garlic, finely chopped
- 2 tablespoons berbere, divided
- 1 small tomato, chopped
- 2 cups water
- Salt to taste

## Directions

1. Heat the butter or oil in a saucepan over medium heat. Add onions and cook until golden brown, about 10 minutes. Add garlic and cook for about 30 seconds, stirring constantly. Add the lentils, 1 tablespoon of the berbere, tomato, and 2 cups water to the pan. Bring to a simmer.
2. Reduce heat to medium-low and simmer, stirring occasionally, until the lentils are tender, about 45 minutes. Stir in the remaining tablespoon of the berbere and season generously with salt.

## Notes

- Use oil to make this recipe vegan and dairy-free.
- You may find berbere at Ethiopian markets, spice shops, some grocery stores, or online. You could also try making your own:
  - [Recipe 1](#)
  - [Recipe 2](#)

Recipe from [Flavors Around the World, Fall 2020](#)